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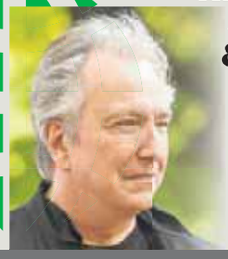

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ENGAGED

Vancouverites more involved than ever in civic affairs
metroNEWS

JENNIFER GAUTHIER/METRO

B.C. sound mixer gets Oscar nod

FILM INDUSTRY

The Revenant a true 'test' for Salt Spring Island man

Matt Kieltyka
Metro | Vancouver

Salt Spring Island resident Chris Duesterdiek capped off an incredible week with an Oscar nomination on Thursday.

Duesterdiek was production sound mixer on Alejandro G. Inarritu's The Revenant, starring Leonardo DiCaprio, during a notoriously difficult shoot in the Canadian winter wilderness that has already become the stuff of Hollywood legend.

The long, cold days trudging through deep snow and forest in Alberta and British Columbia paid off on Thursday, as the film was nominated for 12 Academy Awards, including one for sound mixing that saw Duesterdiek earn his first-ever Oscar nomination alongside Jon Taylor, Frank A. Montano and Randy Thom.

"It's pretty wild," said Duesterdiek, no pun intended. "When you're part of a team like the one Alejandro put together, you sort of know you may be dealing with something that could turn into lightning in a bottle."

On set, Duesterdiek and his team were given the daunting challenge of recording the actors' performances in an untamed environment and building up a library of sound that transported viewers back to the 1800s frontier.

The sound of feet crunching in snow, horses breathing and rivers flowing helped bring the frigid setting to life and garner the sound mixers critical acclaim.

In addition to recognition from the Academy Awards, Duesterdiek's work on The Revenant was also nominated this week for British Academy of Film and Television Arts (BAFTA) and Cinema Audio Society (CAS) awards.

Chris Duesterdiek endures the harsh conditions during filming. CONTRIBUTED

Beset by reports of crew defections and unrest, Duesterdiek admitted The Revenant was one of the most challenging shoots of his life, but doesn't regret the experience.

"I think you have to test yourself like that every now and then. When you're up against Mother Nature, Mother Nature usually wins. This was right up there," said Duesterdiek. "I wouldn't want the next (production) to be like that, I'll put it that way."

British Columbians Cameron Waldbauer (visual effects) and Hamish Purdy (production design) also received Oscar nominations for their work on The Revenant.

WITH FILES FROM THE CANADIAN PRESS

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Weekend, January 15-17, 2016

Netflix will crack down on customers who use proxy services to view content not available in their countries. **Business**

Party bus death sparks call for coroner's inquest

POLITICS

New rules are not enough, writes Coun. Geoff Meggs

Emily Jackson
Metro | Vancouver

Vancouver politicians are calling for a full coroner's inquest into the death of a young woman who fell from a moving party bus while celebrating a birthday party last weekend.

B.C. NDP Vancouver-Fairview MLA George Heyman wrote a letter to B.C.'s chief coroner on Thursday asking for an inquest into the tragic incident that killed 23-year-old assistant teacher Chelsea Lynn Mist James of Langley.

"An inquest would be critical in determining how best we can protect people, particularly teenagers and young adults, from another tragedy of this nature," Heyman wrote to Chief Coroner Lisa Lapointe.

An inquest would establish whether additional regulation or legislation is needed to protect the public, specifically regarding open alcohol on party buses, vehicle safety standards and driver training, Heyman wrote.

In particular, Heyman wants the coroner to decide whether to require trained monitors aboard all party buses. He advocated for this in a private members bill he tabled in fall 2013 that failed to pass.

The Silver Lady party bus parked between police cruisers after a 23-year-old woman died in a fall from the bus on Jan. 9. **Inset:** Chelsea Lynn Mist James. RYAN STELTING/FOR METRO; INSET: FACEBOOK

> **An inquest would be critical in determining how best we can protect people ... from another tragedy of this nature.**
> George Heyman in a letter to Lisa Lapointe

"The driver simply cannot both operate the vehicle safely and simultaneously monitor activities or emergencies on board the moving vehicle," he wrote.

The MLA joins Vancouver Coun. Geoff Meggs, who called on the chief coroner to conduct an inquest in a Monday letter.

Meggs believes the latest death indicates the province did not go far enough when it introduced stricter party bus regulations in February 2015, he wrote on his blog. The new regulations require any vehicle with perimeter seating including party buses and stretch SUVs to get special authorization licences from the Passenger Transportation Board.

The Ministry of Transportation will wait until police and the coroner finish investigating the latest tragedy before considering additional regulations, according to a statement.

Police said James was on a bus with two dozen others when she fell from the vehicle as the driver made a left turn onto Burrard from West Hastings on Jan. 9 around 9:30 p.m. It is not yet clear why the door was open.

The bus was operated by Burnaby-based Silver Lady Limousines. According to the Ministry of Transportation, the company holds the appropriate licence and the vehicle passed its last inspection in September.

The company has received four tickets — two for open alcohol violations and two for running a red light — in the past two years. It is disputing the open liquor ticket from August 2015.

CHARLIE HEBDO

Cartoon of dead Syrian toddler draws outrage

An inflammatory cartoon picturing a drowned Syrian toddler and predicting his future as a sex offender in Germany is "disgusting," says the boy's aunt.

Tima Kurdi said she was brought to tears when she saw the depiction of her two-year-old nephew Alan Kurdi's lifeless body in the controversial French satirical newspaper Charlie Hebdo.

The cartoon asks in French what would have become of the boy had he grown up. It shows two men running after screaming women with their tongues hanging out and hands outstretched above a caption that reads, also in French, bum grabbers in Germany. The drawing refers to a series of sex attacks allegedly committed by a large group of migrants in Cologne, Germany, on New Year's Eve.

The toddler drowned, along with his mother and older brother, while crossing the Mediterranean en route to Europe last September. A photo of the boy's body lying face down on a Turkish beach made the front page of newspapers across the world. "This is really painful, to use that innocent boy's picture. It went too far," Kurdi said in an interview from suburban Vancouver on Thursday.

The boy has been widely reported as being three years old, but Kurdi clarified on Thursday that he was two when he died.

> **Why do they want to bring the pain back to us?**
> Tima Kurdi

Kurdi has been an outspoken advocate for Syrian refugees since the death of her extended family members.

She helped sponsor her other brother, Mohammad, and his family, who arrived in Canada late last year.

Long-time British Columbian political cartoonist Adrian Raeside said he believes the newspaper's use of Alan's image was unnecessary and denigrates the work of editorial cartoonists. "To be honest, that's way beyond what anyone should do. A dead kid? I mean, come on," Raeside said.

THE CANADIAN PRESS

VANCOUVER ISLAND

Slow quake strikes

Thandi Fletcher
Metro | Vancouver

A huge earthquake measuring at least 6.5 on the Richter scale recently shook Vancouver Island — and nobody felt it.

That's because the tremor happened over about eight days.

Called a "slow earthquake," the most recent event started Dec. 21 below the surface of Vancouver Island and kept shaking until Dec. 30 before migrating south to northern Washington, where continued seismic activity was recorded as recently as Tuesday.

"I like to describe them as the banana slug of earthquakes," said University of Washington graduate student Shelley Chestler, who is writing her thesis on slow earthquakes. "While they work the same way as normal earthquakes as far as two plates slipping past each other, that slip happens much more slowly in the order of a month rather than 15 seconds."

While the 4.9-magnitude earthquake that struck off the coast of Saanich on Dec. 29 did coincide with the ongoing slow earthquake beneath Vancouver Island, Chestler said it's unclear if the two were connected.

Slow earthquakes, also known as slow slip events, are clusters of tremors that shake the ground like normal earthquakes, but the ground motions are so slight that only sensitive instruments called seismometers can detect them. Along the Cascadia subduction zone beneath southern Vancouver Island and northern Washington, slow earthquakes are recorded every 12 to 15 months.

Chestler said slow earthquakes can release the same amount of energy as a magnitude-6.5 to 6.8 normal earthquake, but because they release this energy more slowly, they can't be felt.

Simon Fraser University earth sciences professor John Clague describes the phenomenon as a band of lights that turn on and off steadily.

"Along this band, all hell breaks loose and they start blinking as all these earthquakes start occurring," he said. "The sources of these earthquakes are typically quite far below the earth's surface. Probably about 30 or 40 kilometres."

PRINCE GEORGE

Greyhound bus accident injures nine

Nine people aboard a Greyhound bus were transported to hospital Thursday after the vehicle flipped on its side beside an icy highway south of Prince George.

RCMP Cpl. Dave Tyreman said the bus lost control on Highway 97 just before 8 a.m., crossed the centre line and ended up in a ditch.

The bus, which was towing a trailer, was northbound on its way to the central B.C. city of Prince George from Kamloops in the Interior.

"There were nine people onboard," said Tyreman. "That was the driver of the bus and eight passengers. All of them were taken to the hospital."

He said three had serious but non-life-threatening injuries and the other six had minor injuries.

B.C. Emergency Health Services spokeswoman Preet Grewal said five ambulances rushed to the scene.

Greyhound Canada spokeswoman Lanesha Gipson said the company was trying to gather information about the crash.

Tyreman said a RCMP traffic service analyst, an accident reconstruction expert and a commercial-vehicle safety inspector are investigating the cause of the crash.

He said it was snowing moderately when he arrived at the scene. He said some sections of the highway, while decent, were a little bit icy, adding the temperature had dipped to -1C overnight.

"A lot of times in the wintertime you do find black ice," he said.

Highway 97 was closed or partially closed to vehicles most of Thursday morning while investigators went over the scene. THE CANADIAN PRESS

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B.C. Education Minister Mike Bernier responds to questions during a news conference in Vancouver on Thursday.
DARRYL DYCK/THE CANADIAN PRESS

B.C. teachers hail top court

CANADIAN CHARTER

Federation finally able to deliver appeal in bitter feud

A bitter dispute between B.C. teachers and the provincial government over the right to negotiate class size and composition is headed to the Supreme Court of Canada.

The top court announced Thursday it would hear the teachers' appeal of a lower-court decision, which said provincial legislation that took away certain bargaining powers did not violate the Charter of Rights and Freedoms.

"We never give up," said B.C. Teachers' Federation president Jim Iker at a news conference shortly after the decision.

"It's another important step in this long journey through the court system for us," he said. "By unconstitutionally stripping our collective agreement 14 years ago, this government did so much harm to our public education system."

> **This government did so much harm to our public education system.**
> Jim Iker

The province first imposed legislation that removed teachers' ability to bargain class size and composition in 2002. After a B.C. Supreme Court judge deemed the law unconstitutional in 2011, the province imposed a new law the following year.

Similar to the previous legislation, it restricted school boards' power to determine staffing levels and establish class size and composition — the number of special needs students in a class, for example, or how many teacher assistants can be hired per student in a school.

A B.C. Supreme Court judge ruled the legislation unconstitutional in 2014.

The dispute led to an acrimonious strike that cut the 2014 school year short and wasn't resolved until September of that year.

The B.C. Court of Appeal overturned the 2014 decision last April. Four of five appeal judges found the province consulted meaningfully with teachers and the legislation didn't violate the Charter.

A long-term contract has been signed between teachers and the government and Iker said relationships with the province have improved, but teachers still have a duty to resolve the issue.

He called on the government to increase education funding in its next budget, noting an expected rise in enrolment including an influx of Syrian refugees.

"Class sizes are larger, class composition has deteriorated year after year, and thousands of teaching positions were lost," he said.

"An entire generation of B.C. students has been shortchanged. It's time that this record comes to an end." THE CANADIAN PRESS

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The city started measuring engagement in 2014 after adopting the Engaged City Task Force report to help address feelings of social isolation. ERIC DREGER/THE CANADIAN PRESS

Engagement up in local civic affairs

REPORT

Vancouverites that took part in consultation doubled in 2015

Emily Jackson
Metro | Vancouver

More and more Vancouverites are getting engaged than ever before — at least when it comes to civic politics, according to a new city report.

The number of residents who actively participated in a public consultation nearly doubled to 85,000 interactions in 2015 from just 44,000 in 2014, according to an update on the City of Vancouver's engaged city strategy.

Whether residents attended in-person events, such as open houses for proposed condo towers or sessions informing neighbours about winter shelters, or contributed online using the city's survey platform Talk Vancouver, the city seems chuffed by the attention.

The city started measuring engagement in 2014 after adopting the Engaged City Task Force report, a strategy created to address overwhelming feelings of social isolation documented in a depressing 2012 Vancouver Foundation survey.

Steps to get more people involved in civic affairs by boosting voter turnout, holding pop-up city halls and hosting a Doors Open Vancouver day are intended to make them feel part of the community and, in turn, less lonely. Isolation can hurt a person's health and be dangerous in emergencies such as an earthquake.

Attendance at pop-up city halls and Doors Open Vancouver both jumped in 2015, with the Doors Open event where the city opened doors to civic facilities attracting more than 14,000 people.

An additional 2,700 people signed up to Talk Vancouver and filled out nearly double the surveys than in 2014.

The city report outlined the plan to better engage with people in 2016. It especially wants to get in touch with under-represented groups, specifically young adults, newcomers and urban Aboriginals. (It figures the online platform is its best bet for professionals younger than 35 with busy social schedules or young children.)

It also plans to increase the opportunities for face-to-face engagement, improve its distribution of mailed notifications and work on improving public spaces starting with Jim Deva Plaza in the West End.

Council will hear the update next week and vote on an updated framework for public engagement.

RIDESHARING

Liberals ask if it's time to welcome Uber

The B.C. Liberals have created a social media stir with an advertisement that hints the province's ruling party is warming to ridesharing services including Uber.

An ad posted on Instagram by the party (not through the government) asks social media users, "Is it time to welcome Uber, Airbnb, Lyft, and the rest of the sharing economy?"

It appears to mark a change in tone from the party, as B.C. Liberal Transportation Minister Todd Stone has previously issued stern warnings to Uber not to operate without approval from the Passenger Transportation Board, which previously passed conditions that ultimately forced Uber out of the province.

The ad, which received hundreds of likes and more than 100 comments (most in favour of Uber), is part of the by-election campaign for Joan Isaacs in Coquitlam-Burke Mountain, B.C. Liberals spokesperson Jillian Stead said in an email Thursday.

Isaacs is a strong advocate for the sharing economy and plans to design a provincewide framework for such services if she's elected, she said.

"We're hearing a lot of positive feedback on the sharing economy, and we're committed to consulting with the people of the province on new opportunities," Stead wrote.

Uber connects drivers with passengers using a smartphone app. It faces vehement opposition from the taxi industry, which blasts the U.S.-based company for not following its stringent regulations.

Uber was encouraged by the support, spokeswoman Susie Heath said in an email Thursday.

"This is a step in the right direction and we hope that all provincial politicians will work with us to introduce a regulatory framework that embraces ridesharing in the upcoming spring session," Heath wrote.

Uber has two active lobbyists on B.C.'s lobbyists registry.

EMILY JACKSON/METRO

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A watercolour a day for change

ENVIRONMENT

Artist aims to inspire greener way of living

Thandi Fletcher
Metro | Vancouver

They may be tiny paintings, but Marisa Pahl is hoping they'll have big impact.

The Vancouver artist is painting 100 watercolours in 100 days based on photos taken by environmental advocates.

The paintings are part of an ambitious project called This Wild Road, in which Pahl is posting photos of her tiny two-inch-by-two-inch square paintings on Instagram that she hopes will inspire viewers to live with less impact.

Pahl, who started the project Jan. 1, is auctioning off each work and donating 50 per cent of the proceeds to the B.C.-based environmental organization Pacific Wild.

"I'm really interested in how small actions can make a difference," Pahl told Metro. "Environmental advocacy sometimes comes across as the word feminism — people don't always identify with that word. So I'm really trying to highlight the diversity of people who are doing small consistent actions that aren't necessarily hard, and making that more accessible."

Over the past month, Pahl has reached out to a diverse range of environmental advocates that she admires, from renowned environmental activist David Suzuki to food and restaurant writer Erin Ireland.

> **"I'm really interested in how small actions can make a difference."**
> Marisa Pahl

The artist asked each contributor to share a photo with her of a wild place they love, along with a short description detailing one small action they do on a daily basis in support of the environment.

Pahl, who paints many of her watercolours in coffee shops, then turns the photo into a piece of art and posts it on Instagram with the hashtag #thiswildroad, along with the photographer's blurb.

Although she is only 15 days in, Pahl said she is overwhelmed by the viewer response she has received so far.

She said she has been receiving enough photos from people that, although her project is "super ambitious," she has the luxury of picking photos on some days that are a little less time-consuming to paint.

"It's always a challenge making time for creative time," she said.

Her favourite watercolour so far was one based on a photo submitted by Erin Ireland showing Wedgemount Glacier, located beside Wedgemount Lake near Whistler.

She said she hopes her watercolours help to make the conversation about environmental advocacy more inviting, and offer "digestible tidbits" for viewers about how to live a greener lifestyle.

"I hope people see that here's a person that they admire, and they're doing a small thing that maybe they can do or try, too," she said.

Vancouver artist Marisa Pahl is painting 100 watercolours in 100 days based on photos taken by environmental advocates. JENNIFER GAUTHIER/FOR METRO

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WEBSITE

Barriere deals with chamber of horrors

The mayor of an Interior town says she's appalled that a pornography website acquired the Internet domain name for the local chamber of commerce.

Virginia Smith said the chamber in Barriere believed the domain name was automatically renewed, but it had expired.

"Their website domain was expected to roll over and it didn't and, by the time they discovered it, it had been captured."

The new owners of the domain name are demanding the chamber pay $9,700 before the porn site is taken down, Smith said, calling that extortion.

"It's just one of those horrible tragedies."

Smith said she was stunned to learn about the new site after her staff logged in as usual, only to find the "horrible" content.

"I can see both sides to the story, that yes, perhaps the chamber should have been far more diligent. That unfortunately didn't happen and now we have a situation that has to be dealt with.

"I think it's a horrible situation and I don't think it speaks too well of the chamber or general mankind as such, with that kind of a site."

The Barriere chamber now has a new website. No one from the chamber was immediately available for comment.

Smith said the chamber has hired a lawyer, but Hasan Cavusoglu, an associate professor of management information systems at the University of British Columbia, said that may not help. Cavusoglu, of UBC's Sauder School of Business, said anyone can use a name the moment it expires, meaning there is often no legal recourse.

"It can be used by porn websites and it could be used by malicious websites that are tricking people," he said. THE CANADIAN PRESS

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A tug tows a large barge along Princess Royal Island. Pacific Future Energy hopes to ship 200,000 barrels a day of near-solid "neatbit" bitumen. JONATHAN HAYWARD/THE CANADIAN PRESS

'World's greenest' oil vowed

PACIFIC FUTURE ENERGY

Refinery touts 'neatbit' as a transitional alternative

Matt Kieltyka
Metro | Vancouver

The proponent of a planned bitumen refinery in northwest British Columbia believes its goal of being the "world's greenest refinery" isn't an oxymoron.

Vancouver-based Pacific Future Energy officially filed its product description document Thursday with regulators at the British Columbia Environmental Assessment Office and the Canadian Environmental Assessment Agency — signaling its intention to transport 200,000 barrels per day of near-solid "neatbit" bitumen north of Kitimat by rail and refine it locally into diesel, gasoline and other products before export to Asia.

The $15-billion project, slated to begin construction in 2018, would create an estimated 3,500 direct jobs during construction and 1,000 jobs once the refinery is operational.

The project description claims neatbit, which has a consistency similar to peanut butter, does not flow unless heated and has very low flammability, making it exempt from Transport Canada's dangerous goods regulations and safer to transport than the diluted bitumen associated with pipelines.

Pacific Future Energy also claims its project will be the "world's greenest refinery," a tag CEO Robert Delamar says isn't as contradictory as it first sounds.

He said he takes the threat of climate change seriously and believes in the shift to renewable energy, but that it is still decades out.

"The question is what do we do between now and then?" said Delamar. "This is a transitory technology that can operate for 25 to 50 years."

Pacific Future Energy says its refinery will be powered by clean energy, produce "near net zero" carbon emissions and keep raw bitumen out of the ocean, reducing the risk of a catastrophic spill.

The group's executive committee includes former Conservative minister Stockwell Day and former National Chief of the Assembly of First Nations Shawn Atleo.

Delamar said the group hopes to avoid the same opposition as "past failures" — specifically Enbridge's Northern Gateway and Kinder Morgan's Trans Mountain pipeline – by prioritizing negotiations with First Nations.

"We won't go anywhere we're not wanted," Delamar said.

Pacific Future Energy expects the regulatory process to take up to two years.

> **"This is a transitory technology that can operate for 25 to 50 years."**
> Robert Delamar

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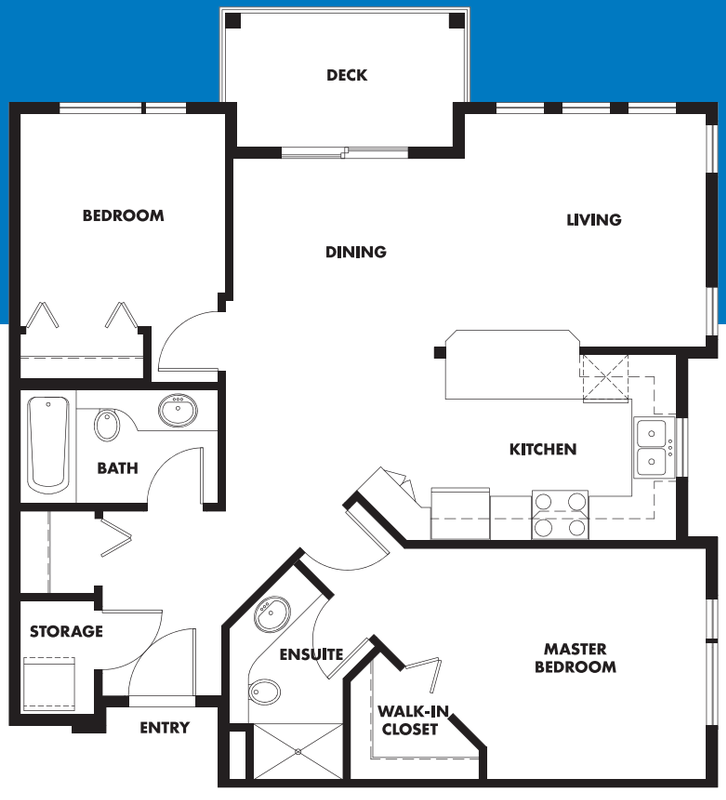

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Aussie's got something to say

PUSH FESTIVAL

Jack Charles looks at forced assimilation

Graeme McRanor
For Metro | Vancouver

Jack Charles in Jack Charles V. the Crown. BINDI COLE/CONTRIBUTED

In his 72 years, Jack Charles has been many things: Glass beveller, junkie, thief, convict, actor. But a constant in his life has been the pursuit of his birthright. At four months old, he was snatched from his mother and put into a boys' home.

"I was the only aboriginal and I was there to be assimilated," says Charles. "And it well and truly worked with me. All sense of indigenousness was wiped out of me. I would never have any claim to it other than the fact that I looked aboriginal."

Charles is part of Australia's "Stolen Generations," a government policy (approximately 1905-69) that saw indigenous, kids forcibly removed from their families and placed into white foster homes or institutions.

On the phone from Australia, he comes across as friendly and funny. But make no mistake — he's got something to say. And through his Vancouver show Jack Charles V. the Crown, he wants us to hear him.

"I'm still extremely pissed off that the system was designed so that I should never claim my indigenousness. It was a criminal act, from my observations, from my experiences. We haven't termed it as a criminal act, that I had to be assimilated, and all signs of my indigenousness had to dissipate, and I had to not care about it. But I believe that's a criminal act in and of itself."

That's why he's become an outspoken public spokesman and role model for many of the Stolen Generations.

"(The show's) about coming out of my institutionalization, trying to make my way, counseled by myself. Once you left the home, or the institution in those days, you were doomed to try and counsel yourself through life, especially after all the abuses that went on there.

"It's been difficult. I was continually told that I was an orphan."

But Charles had family. Sisters, brothers, mother. All alive.

"Once I found out that there was a suburb of Melbourne with aboriginals, I went to it. And that was a criminal act. When you 'failed' your foster people, the first response by the Aboriginal Protection Board was to jail you. And that's where I met all the other failed adopted kids, and that led me into a life of crime."

He began acting at 19 but did several stints in jail while juggling burglary and heroin addiction. In 1971, he co-founded Australia's first Aboriginal theatre group at the Pram Theatre in Melbourne.

It's been up and down since, but he's clean. Recently, he was voted Victorian Senior Australian of the Year. And he's up for Australian Senior of the Year.

"Australia has acknowledged me as an important player in aboriginal politics, lore and education, to get people to learn our history," he says.

"I get a lot of young ones coming up to me now. They want to know how they can tell their story. And I've heard them. They've got stories."

As does Charles, the subject of a 2009 documentary called Bastardy that reportedly helped turn his life around. Its tagline? "Addict. Homosexual. Cat burglar. Actor. Aboriginal."

So how does he describe himself?

"A gentleman," he says.

Some things are just in the blood.

DETAILS

Jack Charles V. the Crown is at the Fei & Milton Wong Experimental Theatre, SFU Goldcorp Centre for the Arts, Jan. 21-23 (8 p.m.). The show is 75 minutes long, with no intermission. Tickets are $36. Watch a free screening of Bastardy on January 20 (5:30 p.m.) at the Djavad Mowafaghian Cinema, also at the SFU Goldcorp Centre for the Arts. More information available at PuShFestival.ca.

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VANCOUVERING

Professor's Burnaby battle

Simon Fraser University professor Stephen Collis' role as spokesperson during the Burnaby Mountain protests against Kinder Morgan's Trans Mountain pipeline in 2014 wound up with him trying to fight off a $5.6-million lawsuit.

CAFÉ POLITICS **ENVIRONMENTAL ACTIVISM**

Matt Kieltyka
Metro | Vancouver

For two months in 2014, Burnaby Mountain represented the summit of intense debate, protest and civil disobedience against a megaproject that plans to cut through the Lower Mainland.

Scores of people took up signs and song as Kinder Morgan-contracted crews conducted survey work for its proposed Trans Mountain pipeline against the City of Burnaby's wishes. Approximately 120 people would be arrested or detained for willingly violating a court injunction.

In October and November of that year, Simon Fraser University English professor Stephen Collis found himself in the middle of the chaos.

The poet-turned-activist became de-facto spokesman for the diverse coalition of environmentalists, indigenous peoples, hippies, academics, activists, students, professionals and families who rallied in their opposition to the pipeline.

Liaising with media and writing about the mass protest online landed Collis — and four other public faces — in court.

Kinder Morgan sued him to the tune of $5.6 million.

"I would have never guessed I could have been sued for what I was doing," recalls Collis. "Sure, if there's an injunction as you cross the line, you get arrested. That's clear. But I don't think anyone was thinking we could get sued for millions of dollars for having talked to a reporter or written something online. That was my sense, that this is absurd. Until you sit down in a room with lawyers and they say, '(Kinder Morgan) can do it, actually. We have to deal with it.'"

The lawsuit was eventually dropped after crews completed their work on Burnaby Mountain and the protests died down.

But it had the desired effect.

"Of course, the intent of a lawsuit like that is basically to intimidate us, to make us go away, by scaring us," said Collis. "I'm married. I have children. I'm the main income of my household. It's a scary thing to say we're suing you for five-and-a-half million dollars. The tactic works."

RCMP secure the scene after clearing the road of protesters on Burnaby Mountain ahead of prep work for the Trans Mountain Pipeline expansion in November 2014. DARRYL DYCK/THE CANADIAN PRESS

Simon Fraser University professor Stephen Collis. MATT KIELTYKA/METRO

The standoff between Kinder Morgan's crews and protesters in 2014 put the pipeline debate into sharp focus for Lower Mainland residents.

The project, if approved, would triple the number of oil tankers in the Burrard Inlet. It would literally cut through some people's backyards.

And then the proponent was publicly contemplating boring through Burnaby Mountain, the home of Simon Fraser University, and forged ahead with survey work as the municipal government cried foul.

"As soon as a project comes right smack into Vancouver, yeah. You have access to it, can go see what it looks like, see where they want to build it, go to the harbour and see what's already there, the tankers and pipeline," said Collis. "I think that makes a world of difference. Not only is it in your backyard, as it were, but it's accessible to anyone to go have a look. During what unfolded on Burnaby Mountain, you just had a lot of people show up to see what's happening because they could."

Compared to 2014, last year was relatively quiet as Kinder Morgan's project progressed through the National Energy Board's regulatory review hearings. But the issue is set to hit home once again next week, with the hearings returning to Burnaby Monday for the start of final arguments.

Collis doesn't expect to see the same kind of civil disobedience this time around, but all eyes will be on Burnaby all the same as municipalities, the provincial government, affected landowners and other intervenors give their submissions.

"This is another sort of tension point where it's in Burnaby again," he said. "The NEB will hear people's opposition. They'll hear it inside the hearings and they'll probably hear it outside, too."

The hearings in Burnaby run Jan. 19-29 before moving on to Calgary from Feb. 2-5.

FOOD NOTES **LATAB FOOD**

Bowled over by Chef Kris

Erin Ireland
Metro | Vancouver

Four-month-old Latab Food is an oasis for well-sourced, artisanal food and natural wines in the black-hole-of-good-restaurants area near St. Paul's Hospital.

Located at Helmcken and Burrard, this 25-seater restaurant lists 12 or so snacks and small plates on a chalkboard dinner menu. Charred cabbage and pine mushrooms and buckwheat salt-crusted root veg are just two of the creative dishes that caught my eye.

However, it's Chef Kris Barnholden's new six-item lunch menu that had me swooning. Served weekdays from 11 a.m. onward, this offering of healthy-ish bowls (all $9) are, flavour-wise, a step above the typical Vancouver veggie bowl.

The roast cauliflower with Saskatchewan-grown wheat berries, house-made roasted garlic hummus and crunchy veg was a perfect balance of rich and light, crunchy and soft — although a bigger portion would have pleased.

Chef Kris goes the distance by milling his own flour to craft his sprouted sourdough bread.

Latab is open for happy hour from 4-6 p.m., and you can check its site for details on monthly "collaboration dinners" with local foragers and bartenders.

The roast cauliflower with Saskatchewan-grown wheat berries, house-made roasted garlic hummus and crunchy veg bowl at Latab Food. ERIN IRELAND/METRO

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THINK BIG LIVE LOCAL

with icons by **Danielle Vallée** from the noun project

In the outdoor paradise of Vancouver, Cam Tucker writes, running is one physical activity that folks of all ages can enjoy.
JENNIFER GAUTHIER/METRO

Yes, it's time to end this running joke

SEA TO SKY **EXEMPTION**

Metro's Cam Tucker to get serious about getting active

Cam Tucker
Metro | Vancouver

From the comfort of the couch, I lean forward to grab a crispy, golden chicken finger. Delicious. Wolf that down, grab a quick drink, lean back and put the feet up.

This is the life…

It's Sunday, sunny and cold outside — well, what passes for cold in Vancouver, anyway. Yet, the natural light of the sun is blocked out. There's a football game on television, and another one after that, and going for a run is the furthest thing from my mind.

That last part is about to change.

Since returning from the holiday break, a time when too much food was consumed and pounds were gained, a light bulb turned on in my head: for 2016, why not train for a half marathon? And then, why not document the experience?

No, this isn't a New Year's resolution. It was simply an idea, a way to challenge myself in a year when the big 3-0 birthday approaches and the days of being in top shape have long since passed.

Running isn't the problem. Five kilometres? No biggie.

The issue is going beyond that. It's pushing myself beyond that threshold. To quote Peter Gibbons, the dude from Office Space: "It's a problem of motivation."

Maintaining the motivation to get out more than once every few weeks, making this a routine rather than a random, superficial occurrence, is problematic.

> "I do think we're turning into a running mecca."
> **Steve Mattina**

"Anything that's longer than 10 (kilometres), that commitment to have a regular run out there is very, very important," said Steve Mattina, Vancouver-area manager for Running Room Canada Inc.

Ideally, someone training for a half or full marathon should be out running five times a week, said Mattina. That number can be flexible.

Three runs a week, which Mattina says is the minimum for half-marathon training, can also work, which means sacrificing quantity of runs for quality runs — long-distance runs, hill training, up-tempo runs.

"Every time you're heading out the door, there's a purpose," he said.

In our local outdoor paradise, running is common among the physical activities folks of all ages can partake in.

"I do think we're turning into a running mecca," said Mattina.

And now, it's time to dust off those running shoes.

As of this column, Day 1 of training looms closer.

On Sunday, I'll take those first steps toward eventually running a distance of 21.1 kilometres — after the football games.

Beginner's cluck at home

VANCOUVER TRENDING **BACKYARD CHICKENS**

Amy Logan
For Metro | Vancouver

Feeding the chickens at dawn as the sky turns from gold to pink, or reaching into the darkness and plucking the first, still-warm, pale-blue-speckled egg from a nest — these are some of the pleasures of raising backyard chickens.

As the urban homesteading trend in Vancouver takes off, a growing number of young Vancouverites are becoming more interested in where their food comes from.

For Lissa Goldstein, director of operations at Sole Foods, it was the "access to fresh eggs that are even better than the ones at the farmers market, the routine and the company" that drew her to raising chickens.

In summer, she manages to get a half-dozen fresh eggs a week right out of her own backyard from her chickens Frankie and Johnny. Since Vancouver passed a bylaw legalizing backyard chicken coops in 2010, hundreds of Vancouver households have registered with the city for backyard chicken coop permits.

Although she admits that raising chickens requires a significant commitment, Leah Ralph — an artist, restaurant worker and avid gardener with a small flock — notes that chickens are "productive pets." Their manure provides garden compost, they eat slugs and they "allow you to share extra eggs with neighbours and encourage chats with people walking by."

Ralph's daughters Aurora and Asha also help care for the chickens, which have in some ways become a part of the family.

Iron Horse Ranch, a homestead in the Cedar Cottage area, features a sizeable chicken coop rigged up to a "chicken TV." Neighbourhood children can often be found turning the dial to release feed, delightedly watching the chickens as they scurry about. Village Vancouver has a Chicken Coop Co-op Forum where members can buy and sell chickens and exchange advice. Enterprising Vancouver resident Duncan Martin offers a Backyard Chickens 101 workshop and builds bylaw-compliant, repurposed cedar chicken coops called Vancoopers for sale.

Aspiring chicken owners can get all the necessary supplies at Homesteader Junction on Hastings Street.

1 Aurora Ralph with one of her chickens.

2 The chicken TV.

3 Lissa Goldstein's flock.

ALL PHOTOS: AMY LOGAN/METRO

EVERY STORY STARTS
WITH A RESERVATION

Disabled boy hurt, tossed in dumpster

WINNIPEG

Passerby saved him, but family shocked

When his 13-year-old son came home late from school last week, John Morrissette figured he had just gone on a walk.

It wasn't until the next day that Morrissette found out his intellectually disabled boy, Jean-Micheal, had been found in a Winnipeg garbage bin as temperatures dipped to -15 C.

Morrissette said his son had been assaulted by two men, thrown in the dumpster and left to freeze.

"I was very angry with the guys who would do this to my son," Morrissette said in an interview Thursday. "You can see he's a harmless child."

Nicole Langlois, who works nearby, told CTV Winnipeg that she heard faint cries for help as she walked past the large garbage container. A gut feeling made her return and she found the boy covered with garbage.

"All he kept saying was, 'Help. They pushed me in here,'" Langlois said.

"She's my son's angel," he said. "I thank her every day."

The family is appealing to anyone who might have seen anything to come forward.

"You don't jump a kid in daylight and nobody see it," he said. "My son can't identify them. But somebody can."

"Be my son's voice, somebody."

THE CANADIAN PRESS

John Morissette, right, with his son Jean-Micheal, 13. THE CANADIAN PRESS

Prime Minister Justin Trudeau and Jennifer Flanagan, centre, President and CEO of Actua, after taking part in a virtual reality tour **at the new Google Canada Development headquarters in Kitchener, Ont., Thursday.** NATHAN DENETTE/THE CANADIAN PRESS

ECONOMY

Diversity key to growth: PM

Shifting away from reliance on oil and other commodities is key to Canada's economic recovery and future growth, an upbeat Prime Minister Justin Trudeau said on Thursday.

Speaking at the opening of Google's new Canadian headquarters, Trudeau acknowledged the pain many people are feeling amid an unprecedented slump in oil prices.

"The recent troublesome news coming out of Alberta and elsewhere is, unfortunately, not a surprise — we saw the trend lines coming," Trudeau said.

"That is why we put forward an ambitious agenda to invest in Canada, to count on Canadians to be able to bounce back from low commodity prices by diversifying."

> **There are tremendous bright spots.**
> Prime Minister Justin Trudeau

Despite the "difficult times," Trudeau said he was optimistic about the country's prospects, saying the opening of Google's 17,000-square-metre facility was an example of the "positive news" in the economy.

Canadians, he added, have much to offer the world in terms of innovation.

"There are tremendous bright spots," he said.

Trudeau spoke of the increasing importance of the high-tech sector to the country's economic future, with computers and how to program them critical to the sector's success in a world undergoing "extraordinary changes."

Earlier in the day, the Liberal prime minister stopped by at the University of Waterloo to announce $12 million for research into clean-water technologies.

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Former Public Safety Steven Blaney was responsible for a portfolio of projects under the National Crime Prevention Strategy. ADRIAN WYLD/THE CANADIAN PRESS FILE

Feds review crime prevention ideas

GOVERNANCE

Sample of initiatives to be analyzed for effectiveness

Michael Woods
Metro | Ottawa

The Liberal government is planning to put hundreds of Conservative crime-prevention initiatives under the microscope to determine which ones worked — and which ones didn't.

A request for proposals issued Wednesday says Public Safety Canada is launching a year-long study examining the sustainability of crime prevention projects the department has funded.

Starting in 2006 — when Stephen Harper's Conservatives took office — the department has funded about 800 crime prevention projects under the National Crime Prevention Strategy.

The strategy's current priorities, the RFP says, are to address early risk factors among children, youth and young adults that are at risk of offending.

"The priorities include youth gangs, drug-related crimes, reducing recidivism among high-risk groups, enhancing the exiting of sex work activities, and fostering the prevention of Aboriginal communities."

The study would review a sample of the 800 projects to determine the extent to which they have been sustained beyond government funding; in other words, which ones were adopted by non-governmental agencies and other levels of government.

A final report would be due this November, with a presentation to department officials in mid-December.

The National Crime Prevention Strategy has an annual budget of about $41 million.

However, CBC News reported in October that the Conservative government allowed $28 million in promised spending for the National Crime Prevention Strategy to lapse over three years, including $12 million in 2014-15. That's about 30 per cent of the allocated funds.

> **It is important to gather and synthesize national evidence on what works to help guide policy.**
> Excerpt from the Request for Proposals

IN BRIEF

$1.6M of pills intercepted

A Canadian man was arrested while pulling a sled with more than 82 kilograms of prescription pills into the United States.

The U.S. Attorney's office said Cedrik Bourgault-Morin was caught early Wednesday after he crossed Quebec into Vermont.

Prosecutors say agents found 300 vacuum-sealed bags of Xanax pills in a duffel bag on the sled. The pills had a street value of US $1.6 million.

THE ASSOCIATED PRESS

POLITICS

Don't compare me to Trump: O'Leary

Both of them are business titans, authors and TV personalities — one actively running to lead the U.S. political right, and the other thinking about doing the same in Canada.

But if Kevin O'Leary does indeed decide to go into federal politics, it won't be because he's trying to be Donald Trump, the brash Canadian businessman said Thursday.

"I understand what he is doing with the media, and you can certainly claim I am trying to do the same, but I am not Donald Trump," O'Leary said in an interview with The Canadian Press.

"I'm a Lebanese-Irish, I don't build walls (and) I am very proud of the society we're building in Canada, I think it is the envy of the planet."

O'Leary, a Canadian entrepreneur, became known outside business circles on CBC's Dragons' Den and its American equivalent Shark Tank.

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Jakarta suspects arrested

INDONESIA

ISIL claims responsibility for bombing; 3 men in custody

Indonesians were shaken but refusing to be cowed a day after a deadly attack in a busy district of central Jakarta that has been claimed by the Islamic State of Iraq and the Levant (ISIL).

In a new development, police on Friday told an Indonesian TV channel they arrested three men on suspicion of links to the attack that killed seven people including five attackers.

The area near a Starbucks coffee shop where the attack by suicide bombers and gunmen began remained cordoned off with a highly visible police presence Friday.

Onlookers and journalists lingered nearby, with some people leaving flowers and messages of support. A large screen atop the building that houses the Starbucks displayed messages that said "#prayforjakarta" and "Indonesia Unite."

Newspapers carried bold front-page headlines declaring the country was united in condemnation of the attack, which was the first in Indonesia since 2009.

Depok area police chief Col. Dwiyono told MetroTV that the three men were arrested at dawn at their homes in Depok on the outskirts of Jakarta.

Dwiyono says the men are suspected militants and are being questioned over possible links to the attack Thursday.

MetroTV broadcast footage of the handcuffed men being escorted by police.

Risti Amelia, an accountant at a company near the Starbucks restaurant said she was "still shaking and weak" when she returned to her office Friday.

Two civilians were killed in the Thursday morning attack, an Indonesian and a Canadian. Another 20 people were wounded.

Jakarta police chief Maj.-Gen. Tito Karnavian has said the attackers had links to ISIL and were part of a group led by Bahrum Naim, an Indonesian militant who is now in Syria.

A message shared on Twitter late Thursday claimed the attack was the work of ISIL, and the U.S.-based SITE Intelligence Group said it was circulated among pro-ISIL groups on other media.

The message said attackers carried out the Jakarta assault and had planted several bombs with timers. It differed from Indonesian police on the number of attackers, saying there were four. It said they wore suicide belts and carried light weaponry.

1 **A bouquet of flowers is placed** in front of the explosion site on Thursday. GETTY IMAGES 2 **The Starbucks café where an attack took place displays the message "Pray for Jakarta."** THE ASSOCIATED PRESS 3 **Indonesian servicemen stand guard** as police collect evidence from the site. AFP/GETTY IMAGES

Jakarta is no stranger to terrorism, with the 2009 bombings of two hotels that killed seven people and injured more than 50. The bloodiest attack by Islamic extremists in Indonesia — and in all of Asia — was in 2002, when a nightclub bombing on the resort island of Bali killed 202 people, mostly foreigners.

Those and others were blamed on the al-Qaida-inspired Jemaah Islamiyah. Following a crackdown by security forces, militant strikes in recent years have been smaller and less deadly, and have targeted government authorities, mainly police and anti-terrorism forces. Experts say ISIL supporters in Indonesia are drawn from the remnants of Jemaah Islamiyah. THE ASSOCIATED PRESS

TERRORISM

Canadian man dead

A Canadian man was killed in Indonesia's capital Thursday when gunmen launched a series of co-ordinated attacks police said were linked to the Islamic State of Iraq and the Levant.

Jakarta police chief Maj.-Gen. Tito Karnavian told a news conference that the first attack — a suicide bombing — happened at a Starbucks, causing customers to run outside, where two gunmen opened fire, killing the Canadian and wounding a bystander.

Two other suicide bombers attacked a nearby traffic police booth, killing themselves and an Indonesian man.

Shortly after, Karnavian said, a group of policemen was attacked by two remaining gunmen, using homemade bombs. This led to a 15-minute gunfight, he said.

All five gunmen were killed and 20 people were wounded in the attacks, police said.

Canadian Prime Minister Justin Trudeau said Ottawa was working with Indonesian authorities to confirm the reports of a Canadian killed in the attacks.

"The hearts of Canada and Canadians go out to the people of Indonesia and all the families and victims of these terrible attacks," he said. THE CANADIAN PRESS

GERMANY

Bus carrying refugees rerouted to Merkel

A bus carrying 31 Syrian refugees arrived from southern Germany in Berlin on Thursday night as a district councillor in Bavaria followed up on his pledge to Chancellor Angela Merkel that he'd send refugees her way if his district could no longer provide accommodations.

The act came amid ongoing concerns about how Germany will deal with the 1.1 million asylum-seekers that flooded in last year. Peter Dreier, a Landshut district councillor, said he wanted to "send a sign that refugee policy cannot continue like this."

Dreier said he had talked with Merkel on the phone last year. He said he warned her that Landshut was reaching its capacity for housing asylum-seekers and told her he'd put refugees on buses to Berlin if his district could no longer handle the influx.

Merkel's spokesman Steffen Seibert said in a statement that the city of Berlin had agreed to offer accommodation for the refugees for their first night in Berlin. THE ASSOCIATED PRESS

These people were among refugees bused from Bavaria to Berlin. AFP/GETTY IMAGES

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MILITARY

Turkey hits key ISIL positions in Iraq, Syria

Turkish tanks and artillery have attacked the Islamic State of Iraq and the Levant positions in Iraq and in Syria in retaliation for the suicide bombing in Istanbul which killed 10 tourists, Turkish Prime Minister Ahmet Davutoglu said Thursday.

Close to 200 extremists were "rendered ineffective" — the government's term for "killed" — in the offensive in the past 48 hours, Davutoglu said.

It was unclear how Turkey verified the number of dead or their membership in the extremist group.

He spoke a day after Kurdish rebels detonated a car bomb at a police station in southeastern Turkey, then attacked it with rocket launchers and firearms. Six people were killed including civilians, officials said. It was a further sign of the deteriorating security situation as the country grapples with both the Islamic extremists and the rebels who have intensified attacks in the country.

Davutoglu, speaking in Ankara, said the military targeted extremist positions along the border with Syria and near a Turkish camp in northern Iraq with close to 500 strikes. He did not rule out possible airstrikes against the group, although a day earlier he said Russia was obstructing Turkey's ability to conduct airstrikes against ISIL in Syria. THE ASSOCIATED PRESS

IN BRIEF

Ebola death in Africa after WHO said epidemic over

According to reports, hours after the World Health Organization declared Thursday an end to the deadliest Ebola outbreak ever, the disease was confirmed to have killed one person in Sierra Leone.

The WHO had declared an end to the deadliest Ebola outbreak ever on Thursday after no new cases emerged in Liberia.

The disease has claimed more than 11,300 lives over two years, with nearly 23,000 children losing at least one parent or caregiver to the disease. About 17,000 survivors are trying to resume their lives though many battle lingering side effects.

METRO, WITH FILES FROM THE ASSOCIATED PRESS

Users won't get away with murder: Netflix

STREAMING VIDEO

Company vows to shut down use of proxy services

Netflix says it's planning on cracking down on users who use virtual private networks and proxy services to view content not available in their countries.

Many of the company's distribution deals with major studios and content providers are negotiated on a regional basis, meaning certain titles are only available to users in certain countries.

Some Canadians use VPN services to stream Netflix movies and TV shows available in the United States, which according to the website Netflixable has around twice as many available titles. The U.S. version of Netflix also features more Hollywood blockbusters and recent seasons of popular network shows than its Canadian counterpart.

In a blog post, David Fullagar, Netflix's vice-president of content delivery, said the company is making progress in licensing content across borders, but is now implementing new measures to end the use of so-called unblockers and other proxy services.

The company has always been against the use of such services and has said it takes measures to shut them down, but Fullagar said the company is "evolving" its approach to the problem and the new strategy will be in place in the coming weeks.

According to a April 2015 report by Media Technology Monitor, roughly two in five English-speaking Canadians has a subscription to the video-streaming service, with nearly one-third saying they had accessed the American version of the service.

THE CANADIAN PRESS

One-third of Canadian subscribers admit using unblockers to access the American version of Netflix. ISTOCK/GETTY IMAGES

BANK OF CANADA

Economists predict rate cut next week

A growing number of economists predict the Bank of Canada will cut interest rates next week in response to the economic hit from slumping oil prices.

The move should lead to lower borrowing costs for consumers and businesses, which could boost spending and put further pressure on a falling Canadian dollar. That, in turn, could help boost exports.

However, economists also cautioned that after eight years of record low rates, a further cut could have mixed results. They said the price of houses in overheated markets like Toronto and Vancouver could potentially be boosted, while only modestly helping drive exports.

0.5%
The Bank of Canada's key overnight rate.

The Bank of Montreal and Canadian Imperial Bank of Commerce are the latest to join a chorus of forecasters predicting a quarter-point cut in the central bank rate on Jan. 20.

TORSTAR NEWS SERVICE

market minute

DOLLAR 69.63¢ (–0.08¢)

TSX 12,336.03 (+165.62)

OIL $31.20 US (+72¢)

GOLD $1,073.60 US (–$13.50)

NATURAL GAS: $2.139 US (–13¢)
DOW JONES: 16,379.05 (+227.64)

IN BRIEF

Wikipedia gets another source of cash

Wikipedia is getting additional money as it turns 15 on Friday. A new endowment created for it will start with $1 million US donated by Jim Pacha, a software engineer who died in 2014, with a goal of $100 million by 2026.

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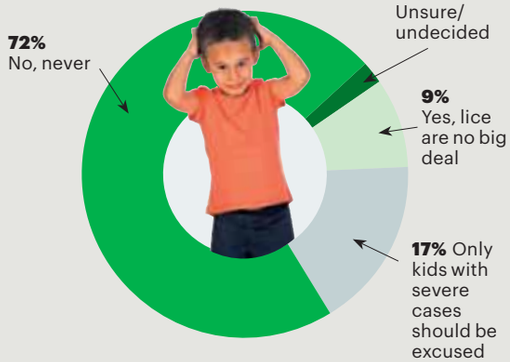
Metro POLL

The facts of lice

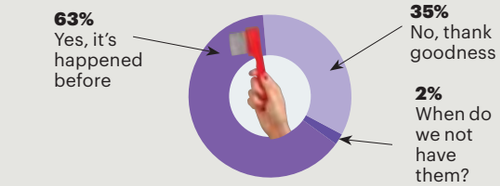
Visit metronews.ca **to have your say.**

School boards across the country, on the advice of the Canadian Paediatric Society, are revoking the rule that children with head lice must stay home from school. A few creepy crawlies — which cause only mild itching and don't spread disease — are no reason to interrupt kids' education, the society says. Head lice don't spread disease (just embarrassment and anxiety) and many kids who are found to have nits don't actually have lice, leading to a lot of unnecessary absences. So why the uproar about letting lousy kids in the classroom? We asked our readers.

1 Should children be allowed to attend school if they have lice?



2 Have your children or anyone in your family ever had to deal with lice?



3 If you are OK with kids who have lice attending school, why?

66% I'm not OK with that!
11% Sending kids with lice home is stigmatizing
11% Lice are not worth interrupting education over
4% You can't keep ahead of lice, no point in trying
4% Lice is not that big a deal
4% Other

It's more embarrassing for children to attend school with lice than stay home until they are treated.

The problem was never-ending when my four children were small. It's not a disease, it's an everyday issue.

A 24-hour rule is enough as long as the parent does their part.

Between the shampoo and the coin laundry, lice end up costing hundreds of dollars to get rid of.

WE ASKED Metro readers

Time to crack up the myth of mid-life crisis

Genna Buck
Metro | Toronto

Watch out for that mid-life crisis. Dad will fall into a deep depression and climb out with a shiny motorcycle and a half-his-age girlfriend to match.

Until recently, that idea was both accepted science and conventional wisdom.

But a new study — the first to follow Canadian adults' happiness over a long period of time — tells a different story.

The paper, in the journal Developmental Psychology, throws cold water on the notion of a mid-life crisis. Put scientifically, it challenges the theory that happiness (the measure of how satisfied people report they are with their lives overall) follows a U-shaped curve throughout life (carefree youth, miserable middle age, happy old age).

The researchers used two Canadian data sets, representing about 1,600 people. One followed a group from age 23 to 37 and asked them periodically about happiness — and each time, they reported feeling happier on average. The set looked at a different group from age 18 until 43. They said they were happier from their teens to 30s, with just a very slight drop at 43.

"We can't read too much into that," said Nancy Galambos, the lead author and a professor of psychology at the University of Alberta. "Even with that slight dip, they were much happier at age 43 than they were, on average, at age 18 or in their early 20s."

Because this was a longitudinal study (it followed the same people over time), I'm apt to trust it over past "snapshot"-style studies that surveyed people of different ages and concluded happiness dips in mid-life.

That method is flawed, Galambos says. We don't know how today's teenagers will feel in their 40s. Asking today's 40-year-olds won't get us closer to the answer. And one-off studies often reflect ups and downs, not trends. Immediate circumstances (work stress, kids-stress, etc.), at the time a person is answering a survey can throw off the results.

So why does life look up as we get older? Stability. Being young is stressful and uncertain. Gainful employment tends to make people happier, and that comes with time, Galambos said. The same is true of being married, so it's not surprising that younger adults — who have left the nest, but have yet to form their own families — tend to be unhappy. As we age, we get better at regulating our emotions, the study says. In layman's terms, we wise up.

But the mid-life crisis thing seems to be baloney. "There are crises across the lifespan. Some of them happen in mid-life," Galambos said, but "People really believe in the mid-life crisis. People count on one." And that's a problem, because middle-aged people may assume the inevitable crisis has hit when what's really going on is a mental health issue.

Bottom line: Most of the people studied became happier over time. And that's a nice thought. Flailing Millennials can look forward to settling down. Middle-aged folks can stop waking up every morning and wondering if the time has yet arrived to crack up. And if you're elderly, there's more good news: The literature pretty clearly shows we continue to get happier as we age. Perhaps you could devote part of your twilight years to helping the rest of us calm down.

Genna Buck is a science writer and a section editor at Metro. Follow her on Twitter @genna_buck.

ROSEMARY WESTWOOD

metroview

They's the word of the year, and for good reason

It's award season, and "they" won.

The American Dialect Society, which hosts what it considers the premiere word-of-the-year event, voted "they" as the winner for 2015 — particularly, "they" in the form of a third-person singular pronoun to refer to gender-nonconforming people.

They're right, of course. As are the many like-minded others (including the Washington Post). It should be used. Both because reality necessitates a common pronoun that can be applied to people who are not he or she, and also because every person deserves to be referred to accurately and respectfully.

As a writer, however, "they" has been hard to swallow.

For a least the last few years, and especially when writing about trans issues, I've had sources ask to be referred to as "they." I never denied that request. But I never completely acquiesced.

Instead, I avoided pronouns altogether, and wrote around the problem.

"They" has long been used in a way (e.g., "Everybody loves their mom" instead "Everybody loves his or her mom") that bothers no one who isn't a hardline grammarian. Shakespeare, Jane Austen, you and me — we're all fine with it.

But some uses of "they" sound off-kilter to me. To wit: "Susie loves her mother, and they loves their father too."

Or, more likely to arise in my work, "'I love my mother,'" Susie said. And their father, they added."

Clunky, no? Jarring, too. Like walking off the sidewalk curb without expecting to.

It's all English's fault. Other languages have gender-neutral pronouns; their speakers haven't spent years concocting stand-ins with no consensus. Among the offerings over the years: "ne," "e," "thon" or "jee." Some universities, including Harvard, let students self-identify on registration forms as "ze," "e," or "they."

Bill Walsh, a copy editor at the Washington Post and keeper of the paper's style guide, called "they" "the only sensible solution to English's lack of a gender-neutral third-person singular personal pronoun." Increasingly, there is a consensus around "they," and we should be grateful. It is much, much better than "ze."

I'd even argue it's a win for so-called prescriptivists — those who prize the rules of language, as opposed to the fluidity of its usage.

If "they" becomes the agreed-upon pronoun for those who are not hes and shes, then we have a new and very useful rule.

And as someone who's often found rules comforting, this, too, is welcome.

Elegance will have to wait.

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metro WEEKEND
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MOVIES MUSIC TELEVISION DIGITAL

Oscar stuns with lack of diversity

NOMINEES

No actors of colour get nods in major categories

As the dust begins to settle after the 2016 announcement, many fans' early-morning enthusiasm quickly turned to disappointment after not a single black actor was nominated. Actors of colour did not make it to the 20 award slots available in the best actor, best actress, best supporting actor and best supporting actress categories.

For the second year in a row, fans used the #OscarsSoWhite hashtag to voice their frustrations. "And the #Oscar goes to... somebody white. #OscarNoms," Twitter user Jamar Hooks wrote.

"The #Oscars this year looking a lot like a Trump rally. All White," Michael Skolnik commented.

Darnell Hunt is a sociology professor at the University of California, Los Angeles, and the director of the Ralph J. Bunche Center for African American Studies, which releases a Hollywood Diversity Report annually. He said he was hardly surprised that actors of colour were left out of the Oscar nominations. The snubs, he said, reflect a lack of diversity within the Academy of Motion Picture Arts & Sciences, which votes for the awards.

"Unfortunately, the nominations kind of reflect the state of the industry as it relates to diversity. We're talking about an Academy that's 93 per cent white, 76 per cent male, and average age 63," Hunt told Torstar News Service in a telephone interview Thursday.

This year's Oscars host is Chris Rock, who has regularly brought issues of racism and discrimination into his comedy. Rock did not comment on the #OscarsSoWhite criticism Thursday. Many said they hoped Rock would use his opening monologue to hold the Academy accountable.

Fans on social media wanted Idris Elba to be nominated for his role as an African warlord in Beasts of No Nation, for which he received BAFTA, SAG-AFTRA and Golden Globe nods.

Many were also upset at snubs of Will Smith for his part in Concussion and Michael B. Jordan, who starred in Creed, and that Puerto Rico-born Benicio Del Torro was also left out for his part in Sicario.

While NWA biopic Straight Outta Compton was nominated for best original screenplay — after being left out of the Golden Globes nominations — many on social media were quick to point out that the nominated screenwriters were actually white.

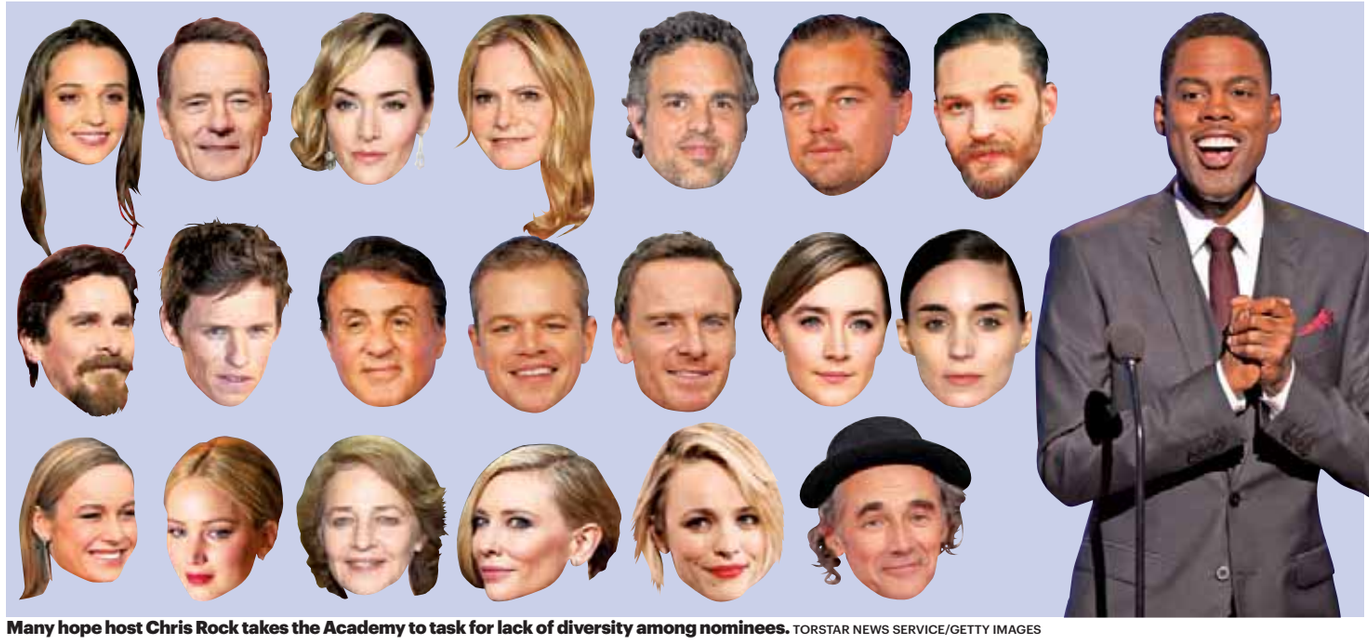
Hunt said awards like the Oscars set the standards for what the industry views as great films, and that in turn shapes "future decisions that are made about what projects will be green-lit, with what budgets, (and) with what stars.

"We're reproducing the same old exclusionary industry by only recognizing certain types of projects and that's a huge problem," he said.

A study last year at the University of Southern California found that film characters are still overwhelmingly white. Of the top 100 films in 2014, 73.1 per cent of characters were white. Black characters accounted for only 12.5 per cent of the ones on screen, compared to only 5.3 per cent for Asian and 4.9 per cent Hispanic characters.

Hunt said the industry needs to be restructured to better reflect U.S. society. That means diversifying membership in the Academy and among studio executives, as well as what roles are being offered to minority actors.

TORSTAR NEWS SERVICE



Many hope host Chris Rock takes the Academy to task for lack of diversity among nominees. TORSTAR NEWS SERVICE/GETTY IMAGES

OSCARS

Canucks unapologetic about award nods

Montreal producer Pierre Even had a snappy response whenever anyone predicted he would see Academy Award nominations today for the film Brooklyn. "Never say that!" Even would say. "Nothing's for sure!"

But Even and Marie-Claude Poulin, co-producers on the film, were celebrating Oscar nominations Thursday morning for best picture, best actress (Saoirse Ronan) and best adapted screenplay (Nick Hornby).

Also in the running for best picture is Room, a Canada-Ireland co-production shot largely in Toronto and based on Emma Donoghue's novel of the same name. Brooklyn is a Canada-U.K.-Ireland co-production, in which Montreal stood in for Brooklyn during shooting.

"Best picture is something else," a clearly-excited Even said in a phone interview after watching a live stream of the Oscar nominations this morning. "I guess it means that people would return our phone calls now — I'm joking."

Even said the Oscar nominations show that Canadian crews can perform at the top levels of the movie industry.

"I'm very proud," Even said.

Donoghue was clearly elated by her nomination in the best adapted screenplay category, tweeting: "4 #OscarNoms for #RoomtheMovie, Best Picture, Best Director, Best Lead Actress, Best Adapted Screenplay, hard to type while shaking."

"It's just wonderful to see a fairly low-budget film, made mostly with state money, can do so well," said Donoghue from Nice, France.

The film won the People's Choice Award at the Toronto International Film Festival, where it began generating awards buzz.

Other Canadians named during the ceremony in Beverly Hills, Calif. included Rachel McAdams, who was nominated for best supporting actress in Spotlight.

The Weeknd was nominated for best original song for Earned It from the film Fifty Shades of Grey, along with fellow Canadians Ahmad Balshe, Jason (Daheala) Quenneville and Stephan Moccio.

Several other Canadians were nominated for their work on The Revenant, which picked up a leading 12 nominations. They include: set decorator Hamish Purdy of Vancouver, who received a production design nomination, Chris Duesterdiek for sound mixing and Cameron Waldbauer for visual effects.

TORSTAR NEWS SERVICE

Canadian connections: Montreal stood in for Brooklyn, above; The Weeknd, Emma Donoghue and Rachel McAdams are all nominated. TORSTAR NEWS SERVICE/GETTY IMAGES

WARNING

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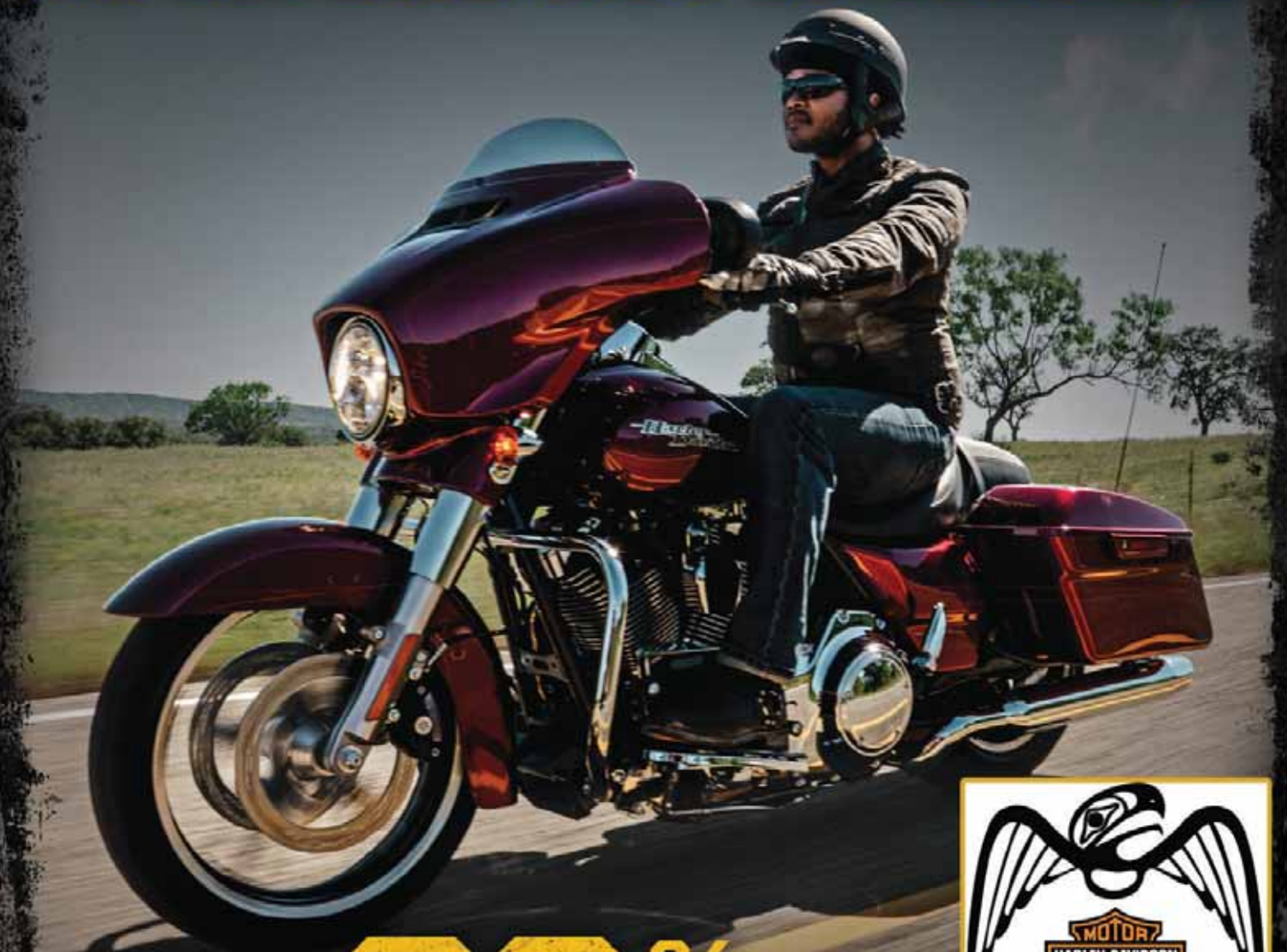

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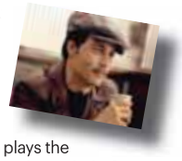
5 WAYS THE MOB RULED THE '90S

Mob movies were everywhere in the 1990s. Throughout the decade, the genre went deeper and darker, with unforgettable characters and a believably ruthless underworld. Here are five reasons why '90s mob movies bury the rest:



1. Real low-lifes. Forget the overcooked buffet of Italian mob-boss movies from the '70s. The best gangster films of the '90s were fresh, chilling and based on real people. Donnie Brasco (1997) is based on the true story of an FBI agent who infiltrates a crime family from the ground up. In GoodFellas (1990), Ray Liotta plays the real-life Henry Hill, a street-smart kid who rises up the ranks before ratting on his mob family and disappearing into witness protection. No meeting of the five families here.

2. Joe Pesci. Who knew that a walking grenade could be so hilarious? With his characters — from Tommy DeVito in GoodFellas to Nicky Santoro in Casino — the pint-size Pesci keeps his friends, enemies and viewers on edge (and in stitches). No one is more dangerous. Or more funny.

3. Priceless lines. Movie dialogue in the '90s was an art, especially in gangster films. Some of these quotes were pearls of mobster wisdom, others are lines we still say today. Here's a snippet:

"Stuff that was stolen always tasted better than anything bought."
—Henry Hill (Ray Liotta), GoodFellas (1990)

"Fuhgetaboutit."
—Lefty Ruggiero (Al Pacino), Donnie Brasco (1997)

"Running a casino is like robbing a bank with no cops around."
—Ace Rothstein (Robert Deniro), Casino (1995)

"I'm funny how? Like a clown? I amuse you?"
—Tommy DeVito (Joe Pesci), GoodFellas

4. The return of Al Pacino. He broke out in the 1970s as Michael Corleone in The Godfather. But after playing just one gangster in the '80s (albeit in Scarface), he crushes the '90s with an expanded repertoire, showing that he could convincingly play any level of mobster — even the famously over-trusting 'mutt' in Donnie Brasco.

5. Martin Scorsese's realism. Brimming with real-life gangster stories from his hometown of New York City, Scorsese deep-sixed his competition with one brutally entertaining movie after another. "When I saw it on the streets, I said that's how it should be on film," he said of his 1990 classic GoodFellas. Without Scorsese, there's no Quentin Tarantino or Guy Ritchie.

Feeling like a gangster? Watch these mob masterpieces, and other '90s classics, on the Hollywood Suite 90s Movies channel. Hollywood Suite takes you back to the '70s, '80s, '90s and 2000s with hundreds of movies on 4 HDTV Channels, Hollywood Suite On Demand and the Hollywood Suite GO app. Subscribe today and get 50% off the regular price of $6 or less per month*. Visit hollywoodsuite.ca.

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THE TV DINNER JESSICA ALLEN

To properly annoy one's friends at an Oscar-viewing party, one needs to have a command of the slew of less consequential awards

During the run-up to Oscars (T-minus 44 days), I often feel like someone who did track in high school and suddenly finds themselves, 25 years later, about to run a marathon.

There's so much to watch, to get invested in, including heady dramas like Carol, Room and Spotlight. But the brain is flabby and unconditioned after several months of binge-watching Ladies of London (OMG have you seen this show?).

In order to properly train — and properly annoy one's friends at an Oscar-viewing party — one needs to have a command of the slew of less consequential awards that have already been handed out. Spotlight took home top honours at the Gotham Awards, for example, but the New York Film Critics Circle gave that to Carol. Meanwhile, Golden Globes went to The Revenant and The Martian for best drama and comedy respectively. And just to keep things really interesting, the National Board of Review deemed Mad Max: Fury Road the best film of 2016. But the Producers Guild Awards, on Jan. 23, are usually considered more useful in predicting what film will take home the 13-and-a-half-inch-tall Big One. And they didn't even nominate Room, which the Academy did on Thursday, but they did include Sicario, Straight Outta Compton, and Ex Machina, which the Academy didn't. Both shut out Carol.

Enough ink gets spilled in the warm-up that you'll be huffing and puffing come Feb. 28. Films take out ads in newspapers begging to be considered. Critics make predictions, which often include several titles you've never even heard of. For some, like The Hollywood Reporters' Scott Feinberg, Oscar watch is a full-time job, literally. For me, it just means I can't re-watch Step Brothers, written and directed by Adam McKay, because I feel like it. I should be watching his Oscar-nominated film The Big Short.

Or can I? Simon recently interrupted our Sunday morning quiet time, where we divide up the New York Times and sit with silence — and coffee — to inform me that A.O. Scott considers Step Brothers to be "a bona fide masterpiece."

We nodded, smug in the knowledge that we share a minority opinion with the paper's chief film critic. I bet we watch the comedy three times a year and always, without protest from either party, stop and rewind to a particularly magical bit of movie-making: "Do you like guacamole?" John C. Reilly asks. "Yes!" asserts Will Ferrell, just before Reilly crushes him after he leaps onto the top bunk of the beds they've constructed together.

And much like Oscar buzz isn't something you'd expect from a film by the same guy who wrote and directed Anchorman, I made something completely new for dinner — and from a new cookbook to boot: the pasta and leek bake from Simply Nigella. It required making a roux, which seems as easy as Meryl Streep doing an accent, but I can count on one hand the number of times I've prepared it successfully. That includes this attempt, which we enjoyed seconds of while pausing Step Brothers on all our favourite parts.

Dinner was a real winner, which no one could've predicted.

THE GOLDEN GLOBE BOY: Leonardo DiCaprio

THE MEAL: Pasta and Leek Bake

Jessica Allen is the digital correspondent on CTV's The Social.

RIDE ALONG 2

Ice Cube on movies and music

Ice Cube doesn't storm the stage of Coachella until April, but he already has a game plan. "I'm looking forward to getting out there and giving them a history lesson about Ice Cube, from N.W.A. to the present," says the 46-year-old rapper-actor-filmmaker. "I'm going to put together a show that touches on everything."

But right now he has other business to attend to. He reunites with Kevin Hart for Ride Along 2, the sequel to the 2013 hit. It follows Straight Outta Compton, another blockbuster that told the story of N.W.A. We talked to him about making music and movies.

Do you have much time for music these days, with all the films you're making?
I haven't had a lot of time lately. Working on Straight Outta Compton took a lot of time and effort. I had movies booked together, so it was just movie to movie to movie. But I am going to go in to the studio with Common and do a song for the Barbershop 3 soundtrack.

Speaking of sequels, you've spoken about how you always want to make sure a sequel is fresh if you do it. What convinced you to do a second Ride Along?
People just want to see us again. A lot of these buddy cop movies are hit and miss. When you hit, you really owe it to the audience to give them something new and fresh with the same team. To me, it's really what you're in show business for: to give the audience what they want, not necessarily what you want to give them all the time.

You started your film career in dramas. Do you want to return to them now?
I would love to. Ever since I got into movies I've wanted to do good ones. I don't really trip over what genre they are. Comedies snowballed in my career, so I ended up doing more of those. Which is fine. But of course I have dramatic characters I want to play. MATT PRIGGE/METRO NEW YORK

Ice Cube GETTY IMAGES

RAPPER TALKS DIVERSITY IN FILM

Despite this year's Oscars, some see Hollywood as inching toward greater diversity. The Fast and the Furious series is now a franchise without a white character, and there aren't any white characters in Ride Along 2.
It really don't matter what colour you are no more. It's a situation where people are used to seeing all kinds of movies now. You didn't have to go to the movies to see that urban film you might want to see. You had home video. Years and years of that have led to people saying, "I don't want to just wait to get it on DVD. I'm going to see Ride Along or Friday with the movie-going audience." They're sick of being the last ones to the party.

Goodbye, dear villain

OBITUARY

Alan Rickman of Harry Potter dies at age 69

British actor Alan Rickman, a classically-trained stage star and sensual screen villain in the Harry Potter saga and other films, has died. He was 69.

Rickman's family said Thursday that the actor had died after a battle with cancer.

Trained at the prestigious Royal Academy of Dramatic Art, Rickman was often cast as the bad guy; with his rich, languid voice he could invest evil with wicked, irresistible relish.

His breakout role was as scheming French aristocrat the Vicomte de Valmont in an acclaimed 1985 Royal Shakespeare Company production of Christopher Hampton's Les Liaisons Dangereuses. Film roles included the psychopathic villain Hans Gruber in Die Hard in 1988; a deceased lover who consoles his bereaved partner in 1990's Truly Madly Deeply; the wicked

Rickman is perhaps best known for his role as Professor Snape in Harry Potter.

Sheriff of Nottingham in Robin Hood: Prince of Thieves in 1991; and a wayward husband in 2003 romantic comedy Love Actually.

Millions know him from the Potter films, in which he played the portions and defence against the dark arts teacher Severus Snape, who was either a nemesis or an ally — possibly both — to the titular teenage wizard.

He appeared frequently onstage, earning Tony Award nominations for Les Liaisons Dangereuses in 1987 and Noel Coward's Private Lives in 2002.

THE ASSOCIATED PRESS

IN BRIEF

Céline Dion's husband dies after cancer battle

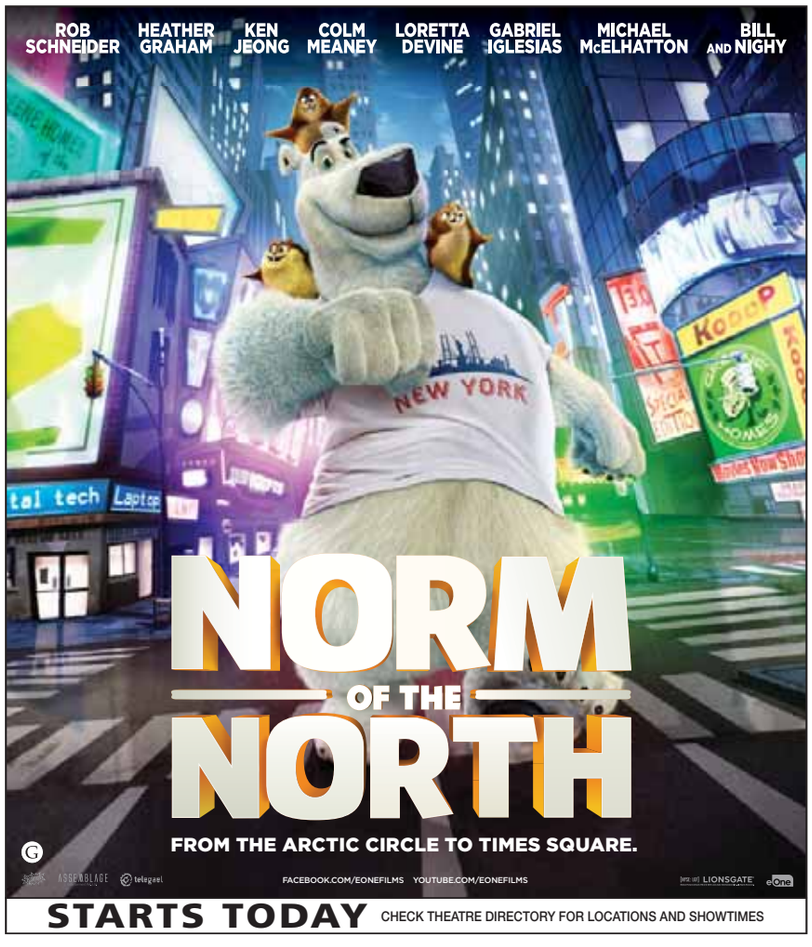
René Angélil, the entertainment maestro who guided Céline Dion to superstardom and then married her, has died, according to Francine Chaloult, a spokeswoman for Dion. He was 73.

Chaloult said Angélil died Thursday morning at his home in Las Vegas. Coroner John Fudenberg said in a statement that Angélil died of throat cancer and no further investigation into his death was expected.

Angélil had been battling a recurrence of throat cancer since initially undergoing surgery for the condition in April 1999. He had to undergo another operation in December 2013.

Angélil stepped back from the day-to-day management of his megastar wife's career in June 2014. He turned it over to longtime friend Aldo Giampaolo, a noted impresario himself in Quebec, but remained involved in key decisions.

THE CANADIAN PRESS



Acting tough under pressure

BENGHAZI

13 Hours' Pablo Schreiber on working with Michael Bay

Richard Crouse
For Metro Canada

John Krasinski and Pablo Schreiber star in Michael Bay's 13 Hours: The Secret Soldiers of Benghazi. CHRISTIAN BLACK/HANDOUT

Making a war movie is hard work, with long hours and tough conditions. According to 13 Hours: The Secret Soldiers of Benghazi star Pablo Schreiber, making a war movie with Michael Bay is extra difficult.

"Everyone who has worked with Michael Bay has told me the set can be a challenging place to work," he says of the Transformers director. "I got all these stories to prepare but ultimately nothing anybody says can prepare you for that experience. He works faster than any director working. We do about 75 set-ups a day, which is massive especially when each of them is like its own action sequence. It's an insane amount of work. He demands a lot from you. It's very necessary that you come prepared, that you are ready to perform any piece of the movie at any given time."

The Canadian born actor and winner of the We Love to Hate You Award at the 2014 Young Hollywood Awards for his work as George "Pornstache" Mendez on Orange Is the New Black, says Bay took him by surprise during the 2015 shoot in Malta.

"There's a scene at the end where a convoy is rolling in and we don't know if they are friendly or bad," he says, "and it is one of the emotional peaks of the movie. For me it was a scene I had checked off as an actor as one I had to be ready and prepared for. Then he shot it a week before we were supposed to shoot it. I had about five minutes to prepare. He said, 'Let's go on the roof and get that last sequence.' He started setting up cranes. To be ready at any moment for whatever he's going to throw at you is very important. As actors, all six of us ended leaving there feeling like if we had gotten through that experience we could deal with anything."

When I ask if the chaotic set conditions were Bay's way of not-so-subtly exposing his actors to the same kind of unpredictable situations their characters were dealing with, he laughed.

"I'm not sure how much forethought was put into that vibe, but it was definitely effective and it works. As actors we were constantly disoriented and didn't quite know where we were and didn't know where we were going to be on any given day."

Schreiber plays Kris "Tanto" Paronto, a former U.S. Army Ranger who was one of six CIA security contractors working in Benghazi, Libya on September 11, 2012, when well-armed Libyan militants — using weapons pilfered from former Prime Minister Muammar Gaddafi's abandoned arsenals — invaded the American embassy. Their attempt to rescue ambassador J. Christopher Stevens and Foreign Service Information officer Sean Smith led to a harrowing thirteen-hour battle.

The 37-year-old actor met Tanto and says he felt a great responsibility in playing a real person who was on set and would eventually see the film but adds that director Bay tried to keep show the humanity of the story's heroes.

"Michael Bay made this movie and he normally make these big extravaganzas but this is not a superhero movie," he says. "This is a movie about very, very real human beings who behaved extraordinarily under the most difficult circumstances."

MOVIE RATINGS by Richard Crouse

13 Hours: The Secret Soldiers of Benghazi ★★★

Ride Along 2 ★★★

Norm of the North ★

HOW RATING WORKS

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WORTHWHILE	★★★
UP TO YOU	★★
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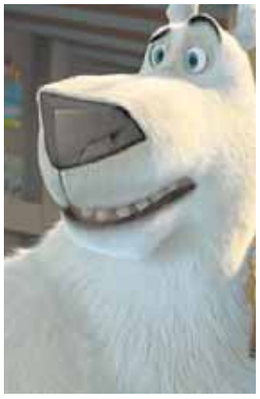


ACTION/COMEDY

Norm of the North

Director: Trevor Wall
Starring: Rob Schneider, Heather Graham

A polar bear of many words, Norm's greatest gripe is simple: there is no room for tourists in the Arctic. But when a maniacal developer threatens to build luxury condos in his own backyard, Norm heads to New York City to stop it.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
NOT YET REVIEWED	+64%

ACTION & ADVENTURE

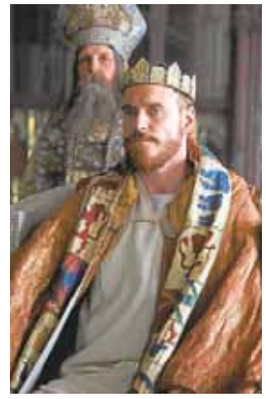
13 Hours: The Secret Soldiers of Benghazi

Director: J.J. Abrams
Starring: John Krasinski, Pablo Schreiber

The gripping true story of six elite ex-military operators assigned to protect the CIA who fought back against overwhelming odds when terrorists attacked a U.S. diplomatic compound on September 11, 2012.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
NOT YET REVIEWED	+94%



DRAMA

Macbeth

Director: Justin Kurzel
Starring: Michael Fassbender, Marion Cotillard

Macbeth is the story of a fearless warrior and inspiring leader brought low by ambition and desire. A thrilling interpretation of the dramatic realities of the times and a reimagining of what wartime must have been like for one of literature's most famous and compelling characters.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
79%	69%

DRAMA

Son of Saul

Director: László Nemes
Starring: Géza Röhrig, Levente Molnár

October 1944, Auschwitz-Birkenau. Saul Ausländer is a Hungarian member of the Sonderkommando, the group of Jewish prisoners isolated from the camp and forced to assist the Nazis in the machinery of large-scale extermination.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
92%	88%

DRAMA

Anomalisa

Director: Charlie Kaufman, Duke Johnson
Starring: Jennifer Jason Leigh, David Thewlis

Michael Stone, husband, father and respected author of How May I Help You Help Them? is a man crippled by the mundanity of his life. On a business trip to Cincinnati, where he's scheduled to speak at a convention of customer service professionals, he checks into the Fregoli Hotel.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
94%	78%

DRAMA

Mustang

Director: Deniz Gamze Ergüven
Starring: Günes Sensoy, Ayberk Pekcan

Early summer in a village in Northern Turkey. Five free-spirited teenaged sisters splash about on the beach with their male classmates. Though their games are merely innocent fun, a neighbor passes by and reports what she considers to be illicit behavior to the girls' family.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
98%	88%

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Raise a toast: Parks Canada to waive 2017 entrance fees as part of Canada's 150th

Praising Arizona

SCOTTSDALE

Active living is easy when the sun is shining

Vawn Himmelsbach
For Metro Canada

Scottsdale, Ariz., isn't just for your grandparents — it's come into its own as a top adventure destination. In a single day, you can challenge your quads on a double-black-diamond hike, learn how to rope a calf at a dude ranch and sample your way along the local ale trail.

It still has a cowboy vibe (it was dubbed the West's most Western town in the 1950s), but this former farming community has transformed itself into a base for outdoor adventure, along with a burgeoning culinary and craft beer scene.

Indeed, Scottsdale was named America's No. 2 foodie city in 2014 by Livability.com, thanks to its numerous farmers' markets and award-winning chefs — not to mention nearly 800 restaurants to choose from (don't miss dinner at FnB, where James Beard-nominated chef Charleen Badman whips up elevated vegetable creations, or an unbuckle-your-belt feast at Bryan's Black Mountain Barbeque with some of the best beef brisket in town).

Here's how to make the most of a trip to Scottsdale this winter:

Hiking, biking and climbing

The city's most prominent landmark is Camelback Mountain, shaped like a camel lying down.

With its sheer red cliffs, this 75.8-acre park is a favourite hiking and climbing spot for locals — its two summit trails are double-black-diamond hikes (in other words, not for beginners). It's worth waking up early and starting in the dark — you'll be rewarded with 360-degree views at the summit while you watch the sun rise over the Sonoran Desert.

The many parks and preserves in the area are ideal for hiking, mountain biking and rock climbing, particularly in the winter with temperatures averaging around 21 degrees C.

Scottsdale offers challenges, like a day at a dude ranch and a hike up Camelback Mountain. Above: learning about desert flora is extra fun when you're in a pink jeep. ALL PHOTOS VAWN HIMMELSBACH/FOR METRO

LOONIE LOVE
The Loonie Love in Scottsdale campaign offers perks from partners keen on welcoming their neighbours from the north as the Canadian dollar drops in value.

Craft beer

America's craft beer scene often brings Portland to mind, but Arizona is abuzz with microbreweries — and it's easy to experience what's on tap by walking, biking or taking the free trolley on Scottsdale's downtown ale trail. Don't miss Craft 64, with a rotating selection of 30 Arizona craft beers on tap such as the popular Four Peaks Kilt Lifter. And stop by Sip Coffee & Beer with 19 rotating craft beers on draft and coffee beans provided by local roaster Cartel Coffee Lab. Cartel also brews its own beers, including Coffee Brown, a nut-brown ale made with Cartel coffee beans.

Cowboy College

Scottsdale is home to luxury spas and high-end shopping, but here you can find a slice of the real west. So don't miss a chance to discover your inner cowboy and rope a calf (well, a roping dummy, anyway). The Four Seasons Resort Scottsdale at Troon North offers a Cowboy for a Day package at Arizona Cowboy College, where you'll learn the ropes of horse handling and cattle driving — no easy-peasy trail rides and resort-style cookouts here.

The desert

In Scottsdale, you're always a stone's throw from a Saguaro cactus. But this desert is one of the most bio-diverse on the planet.

Learn more about it at the Desert Botanical Garden, a living museum that features 50,000 desert plants from around the world, with trailside exhibits and art exhibitions. Or, go off-road and get muddy on a Cactus Canyon Adventure with Pink Adventure Tour (yep, in pink jeeps), where learning about flora and fauna is actually fun.

Where to stay

Sanctuary on Camelback Mountain is a luxurious retreat featuring newly renovated ultra-chic mountainside casitas.

Its renowned Sanctuary Spa features an Asian-inspired menu of services; plus, there's yoga, pilates and spinning, along with five tennis courts and an outdoor lap pool. Celebrity chef Beau MacMillan whips up farm-fresh American fare at elements, its fine dining restaurant.

Or, retreat to the AAA Five Diamond Four Seasons Resort Scottsdale at Troon North, with spacious casitas that open onto stunning desert scenery in the cooling foothills of Pinnacle Peak — plus, there's an award-winning spa and possibly the best craft cocktails in town.

5 SAN FRAN CLASSICS TO UP YOUR FOOD GAME

San Francisco is a city that is serious about its food, and with the Super Bowl heading to nearby Santa Clara, the hungry hordes hankering for a taste of the local food scene won't be disappointed. Here's a guide to five foods and drinks San Francisco is famous for and where to find them. **THE ASSOCIATED PRESS**

1 Crab

You can pick up a traditional crab cocktail at one of the many vendors lining **Fisherman's Wharf**. For a different take, try it roasted and served with garlic noodles at **Thanh Long** (4101 Judah St.). Like your crab crispy? Get it shelled, battered and deep-fried at the **R & G Lounge** in Chinatown (631 Kearny St.).

2 Beer

Anchor Brewing has a history that goes all the way back to 1849, when German brewer Gottlieb Brekle arrived with his family. You can get a first-person look at the brewery via tours available most days except holidays. The tours cost $15 per person, take about 90 minutes and conclude with a tasting. Reservations are required; you can make them here: anchorbrewing.com/brewery/tours.

3 Coffee

This is a fully caffeinated city with coffee shops on just about every block. Try **Ritual**, a pioneer in the craft caffeine movement. The flagship location is 1026 Valencia St. in the Mission District. **Blue Bottle**, which began across the bay in Oakland, has a spot in San Francisco's Ferry Building. And for a little extra kick, try the famous Irish Coffee at the **Buena Vista Cafe** in Fisherman's Wharf (2765 Hyde St.).

4 Oysters

Oysters on the half shell are a longstanding San Francisco tradition. For an elegant take with a great view of the Bay Bridge try **Waterbar** (399 The Embarcadero). Starting Jan. 30 dinner will be accompanied by a free light show with the return of the Bay Lights, a display that flashes nightly on the west span of the bridge. Also on the waterfront, **Hog Island Oyster Bar** in the Ferry Building.

5 Sourdough

The region's tradition of sourdough — bread leavened with a wild yeast starter or "mother" dough — dates back to the Gold Rush. **Boudin Bakery**, established in 1849 has a veritable shrine to sourdough at its Fisherman's Wharf location (160 Jefferson St). It includes a museum and demonstration bakery. Another good place to try this crusty creation is **Tartine Bakery** (600 Guerrero St.).

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How to save on sunny travel in 2016

ADVICE

Travel expert says timing is key for getting a great deal

When it comes to saving money on travel, when you go is as important as where you go.

We checked in with Mark Murphy, founder of TravelPulse.com, to find out the best destinations for warm weather getaways that won't break the bank, and the best times to book them.

Not surprisingly, Murphy, who also publishes two magazines geared towards travel agents and organizes the Travvy Awards (touted as the Oscars of the industry), suggests using an agent — but he had some pretty convincing reasons why.

Is Mexico calling to you? Cancun has great value right now, travel expert Mark Murphy says. ISTOCK

When to go

"The key if you're looking for great value is finding the gaps," Murphy says. "Between Thanksgiving and Christmas is one of the best times to travel because it's cheap. The resorts empty out, and they don't fill back up until the Christmas holiday. Right now is another great time to travel — you could have booked something for now for half the price as what you would have paid two weeks ago to travel over the holidays."

But that won't hold true for long. The next few months is the busy time for destinations like Mexico, Florida and the Caribbean, Murphy says. And then there's a drop off again: "Any warm weather destination will see a dramatic drop in pricing right after the Easter break, and especially in May — that tends to be a really soft month, so it's a great time to get away and have the same exact experience as someone who paid twice as much to go another time," he says.

Cancun isn't just for spring breakers

If you're looking for a beach destination, Cancun is one of the best values, Murphy says. And if you go with an all-inclusive resort, you'll know all your costs up front.

"People perceive the all-inclusive market as the way it was 10, 20 years ago, with buffets lines and things like that, but it's really evolved and gone into the luxury space," he says.

"One example at the high end is the five-star, all-inclusive resort Grand Velas in the Riviera Maya region — I sent people there who are big-time foodies, and they could not say enough good things about it."

Murphy also suggests the luxe Le Blanc, an all-inclusive adults-only property with butler service, or the Hyatt Ziva if you're bringing the whole family.

Don't go it alone

Murphy's pro tip? Hire a pro. All signs point to travel agents, once declared obsolete, making a comeback.

"The price you pay for doing all the work yourself is the same price you pay if you book through a travel agent. It's a myth that it's cheaper to book on your own," Murphy says.

In fact, it can be cheaper to use an agent: "The Marriott in Cancun, for example, will give you the same price no matter where you book, if it's the Marriott site or Expedia," he explains.

> **People perceive the all-inclusive market as the way it was 10, 20 years ago, with buffets lines and things like that, but it's really evolved**
>
> Mark Murphy, founder of TravelPulse.com

"But if you book with a travel agent, you might get an unpublished value-added offer (such as a dining credit) that is only available through an agent."

Not only can a travel agent score you savings, plus sift through the overload of information so you don't have to, they're also a resource if something goes wrong on the trip.

"If there's a problem with the hotel, you can call the agent and ask them to fix it," he says.

"So now you have an advocate who's going to deal with it."

RACHEL VIGODA/METRO IN NEW YORK

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TRAVEL NOTES SURF'S UP, SHANGHAI & REMOTE VIEWING

Women-only surf spas make waves

There's nothing new about surf tourism. But experts have noted an "explosion" of all-female surf retreats that offer surf classes as well as spa services. When the waves aren't breaking, for instance, guests can partake in oceanfront yoga, or relieve sore muscles with a massage. Likewise, hotels are recognizing surfing as a particularly effective form of fitness. AFP

Surfing spas are on the up and up. SHUTTERSTOCK

Disney to finally open Shanghai theme park in June

Disney's long-awaited theme park in China's commercial hub Shanghai will open on June 16. The $5.5 billion facility will feature everything from an Enchanted Storybook Castle — the tallest in any Disney park — to a Toy Story-themed hotel and a theater with a Chinese-language production of the Broadway hit The Lion King. But Walt Disney Co. also says the park will reflect China's own culture. AFP

Disney promises the park will reflect local culture. CONTRIBUTED

Adventure Cruise company offers trip to the end of earth

Adventure cruise company Oceanwide Expeditions, which specializes in excursions to polar regions, has a new expedition scheduled for 2017 taking travellers to the Ross Sea in Antarctica. This polar region is challenging to navigate, but it's a dream come true for intrepid adventurers looking to visit one of the most remote and extreme locations on Earth. AFP

The really, really remote Ross Sea. ISTOCK

metro SPORTS

Patrick Chan is adding a triple Axel to his long program, cranking up the difficulty in time for the Canadian championships in Halifax

Kuznetsov leads Capitals in cutting down Canucks

NHL

Young Russian nets a pair of goals for NHL's top squad

The Washington Capitals honoured Alex Ovechkin for his 500th goal before their game against the Vancouver Canucks. Afterward, they celebrated young Russian forward Evgeny Kuznetsov, whose career is just blossoming.

Kuznetsov scored two goals and added a no-look assist and the Capitals beat the Canucks 4-1 Thursday night for their fifth straight victory. While Ovechkin got a gold stick for the 500-goal milestone, Kuznetsov stole the show with his 14th and 15th scores of the season.

"He's got a few things up his sleeve all the time," Washington coach Barry Trotz said. "He's fun to watch, and he must be a pleasure to play with. I could probably score a goal once in a while playing with him."

Tom Wilson benefited from Kuznetsov's vision in this one. The 23-year-old Kuznetsov scored a nifty backhanded goal of his own in the second period, but it was his pass to Wilson in the third that had fans at Verizon Center buzzing.

Kuznetsov had the puck behind the net and flicked a nonchalant, blind pass to Wilson in front. Wilson beat unsuspecting goaltender Ryan Miller for a goal that extended Washington's lead to three and put the game out of reach.

It was Kuznetsov's fifth three-point game this season. Andre Burakovsky had two assists, including the setup of Karl Alzner's second-period goal.

The Capitals celebrate a goal scored by Karl Alzner on Canucks goalie Ryan Miller on Thursday. ALEX BRANDON/THE ASSOCIATED PRESS

THURSDAY In D.C.

4	1
CAPITALS	CANUCKS

On Alzner's goal, the Canucks thought there should have been a penalty on the Capitals' Matt Niskanen for hitting Sven Baertschi along the boards.

"After I got knocked down there, I kind of looked at all the refs and I didn't see a hand, so from then I just kept playing," Baertschi said. "But then they took the shot right away. I think everybody on our team was kind of flat-footed and kind of stopped skating and they took the shot and scored."

Radim Vrbata scored Vancouver's only goal on a 5-on-3 power play.

In his return from an eight-game absence with a groin strain, Miller allowed three goals on 39 shots.

The game was the Canucks' first of a six-game Eastern Conference trip. THE ASSOCIATED PRESS

MLS

Whitecaps go 'under the radar' at draft

Cam Tucker
Metro | Vancouver

For the Vancouver Whitecaps, the first round of this year's MLS SuperDraft played out in similar fashion to last year.

Just like in 2015, the Whitecaps were saddled on Thursday with a late-round pick and, like in 2015 when they took Tim Parker, the Vancouver side used their pick on a centre back that left a sterling impression on the club's soccer staff at the recent combine.

The Whitecaps selected 21-year-old central defender Cole Seiler with the 16th overall pick Thursday. Head coach Carl Robinson used the phrases "not the most flashiest" and "under the radar" to describe the club's newest first-round pick.

"His little defending details were probably as strong as anyone's," said Robinson.

"He's a good talker, he's a good communicator. He needs to polish up on his stepping and dropping but his understanding of the game is fantastic."

The club has a need to upgrade at the right back position. Seiler says he played a little bit of right back during the combine.

"It's definitely a part of my game I'm hoping to work on," he said.

WHL

Giants jump-started by Foster's return

Through October and November, the Vancouver Giants were losing and there wasn't anything Thomas Foster could do about it.

He was sidelined with a separated shoulder, suffered before the season even began, and when he eventually got back into the lineup in November, he lasted one game before getting injured again. Gone are those down times. Foster is back in the lineup since Dec. 27, has eight points in seven games since coming back.

7
Number of goals Foster has in his past 10 games.

Foster has since been placed on a line with 25-goal scorer Ty Ronning and Chase Lang. And the Giants have won seven of their past 10 games to get within five points of a playoff spot in the WHL's Western Conference. CAM TUCKER/METRO

IN BRIEF

Lowry scores 24 as Raps beat Magic in London

Kyle Lowry had 24 points as the Toronto Raptors held on to beat the Orlando Magic 106-103 in overtime on Thursday at London's O2 Arena.

Toronto (25-15) won its fourth straight game, but the Magic made the second-place team in the Eastern Conference work for it. The Magic outscored Toronto 23-19 over the final quarter to send the game to overtime tied at 96. THE CANADIAN PRESS

Rams fans sue team over pre-move false statements

A lawsuit filed by four Rams fans from St. Louis claims owner Stan Kroenke and others lied about their desire to keep the team in St. Louis, violating Missouri law.

The suit was filed Wednesday in St. Louis Circuit Court, one day after NFL owners voted to allow the Rams to relocate to Los Angeles. The suit alleges that Kroenke and chief operating officer Kevin Demoff made false and misleading statements indicating the team had no intention to move. THE ASSOCIATED PRESS

Riders release veteran stars Chick and Dressler

The Saskatchewan Roughriders released veteran stars John Chick and Weston Dressler on Thursday.

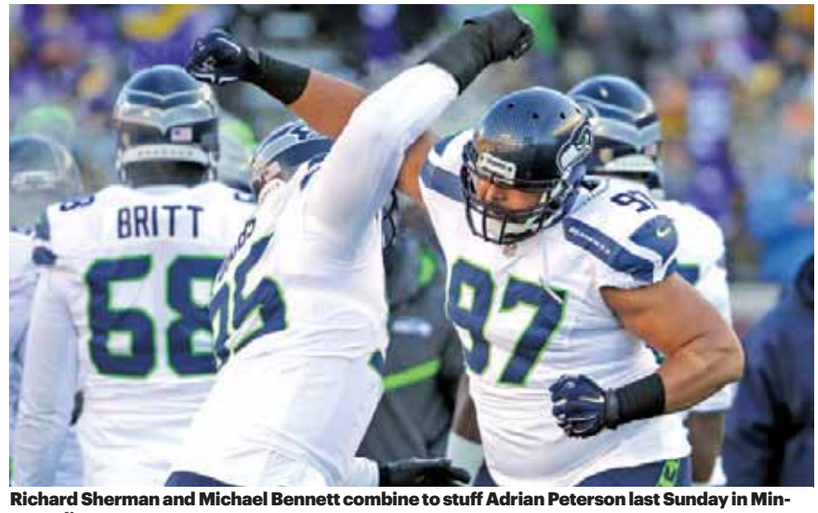
Chick, a defensive end, spent six seasons with Saskatchewan and was the CFL's top defensive player in 2009.

Dressler, a receiver, was the league's top rookie in 2008 and cracked the 1,000-yard receiving plateau in five of his eight seasons with the Riders. THE CANADIAN PRESS

Hawks out to make amends vs. Panthers

NFL PLAYOFFS

Seattle has regrouped and learned from D-line errors



Richard Sherman and Michael Bennett combine to stuff Adrian Peterson last Sunday in Minneapolis. JAMIE SQUIRE/GETTY IMAGES

They sat around in the aftermath of a fourth loss in six games, this vaunted group of Seattle Seahawks defensive backs trying to figure out how they could make such a costly mistake.

It was Week 6 and Carolina had just walked out of CenturyLink Field with an unlikely victory over the Seahawks thanks to two fourth-quarter touchdowns. It left the likes of Richard Sherman and Earl Thomas trying to figure out how to make corrections before the season slipped away.

"It's more so our standard than anything else. That's what it comes down to. We've played a lot of football around here and there were no excuses for what happened then and there," Seattle defensive co-ordinator Kris Richard said. "We didn't play up to our standard. We know it and thank God we have another opportunity to go out there and do something."

Seattle gets its chance to make up for the mistakes of that first meeting with the Panthers on Sunday when the teams meet in an NFC divisional playoff game. At the time in mid-October, that loss was a crushing blow, the second straight week the Seahawks had let a double-digit fourth-quarter lead slip away and another late collapse that threatened to define their season.

But the Seahawks corrected those early mistakes — problems that were on both sides of the ball — and have won nine of 11 games since. And yes, there has been some luck involved in avoiding any more late collapses, most notably last week's frozen escape in Minnesota when Blair Walsh missed a 27-yard field goal that would have ended Seattle's season.

"We've grown a lot since that and this is an opportunity to show how much we've grown since the last time we played them," linebacker Bobby Wagner said.

> **We've grown a lot since that.**
> Seahawks linebacker Bobby Wagner on the lucky escape at Minnesota

All Seattle's losses came on the road this season and in situations where Seattle's offensive inefficiency was at times as culpable as its defensive mistakes. But the capper came in Week 6 when Cam Newton closed the game with two straight 80-yard touchdown drives and a communications breakdown between Thomas and Sherman led to Greg Olsen's game-winning 26-yard touchdown with less than a minute remaining.

"We've been in tons of games that have all kinds of circumstances," Seattle coach Pete Carroll said. "I think for this year's team, those are the games as we look back, that we draw from." THE ASSOCIATED PRESS

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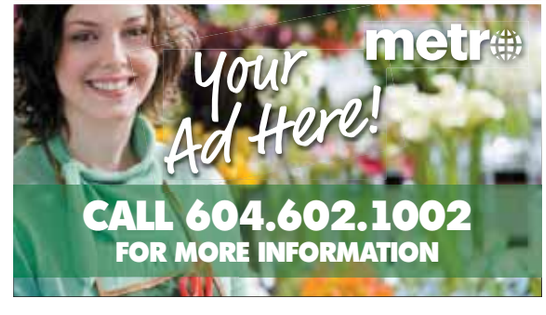

RECIPE Deli Quesadillas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's finish off the week easy, shall we? Stop by the deli counter on your way home and pick up some sliced meat and dinner will be halfway made.

Ready in
Prep time: 15 minutes
Serves 2

Ingredients
- 12 to 16 slices of roast turkey or deli turkey
- 2 apples, thinly sliced
- 50g white cheddar cheese, thinly sliced
- 4 whole wheat tortillas
- 2 teaspoon olive oil

Directions
1. Place a skillet over medium low heat and add 1/2 tsp of oil.

2. Place your tortillas in the pan. Arrange your cheese slices across one half of the tortilla. Then layer 1/4 of the apple slices and four slices of meat on top of that.

3. Cook until tortilla is beginning to brown on the outside and the cheese begins to melt. Fold the tortilla in half and flip to warm the other side, about 1 minute. Remove the quesadilla to a clean cutting board. Repeat until you have 4 quesadillas. Slice the quesadillas in triangles and serve with a salad.

If you're using these in a packed lunch. Allow them to cool before storing in an airtight container in the refrigerator. Reheat quesadillas in the morning and then pack in a thermal lunch container.

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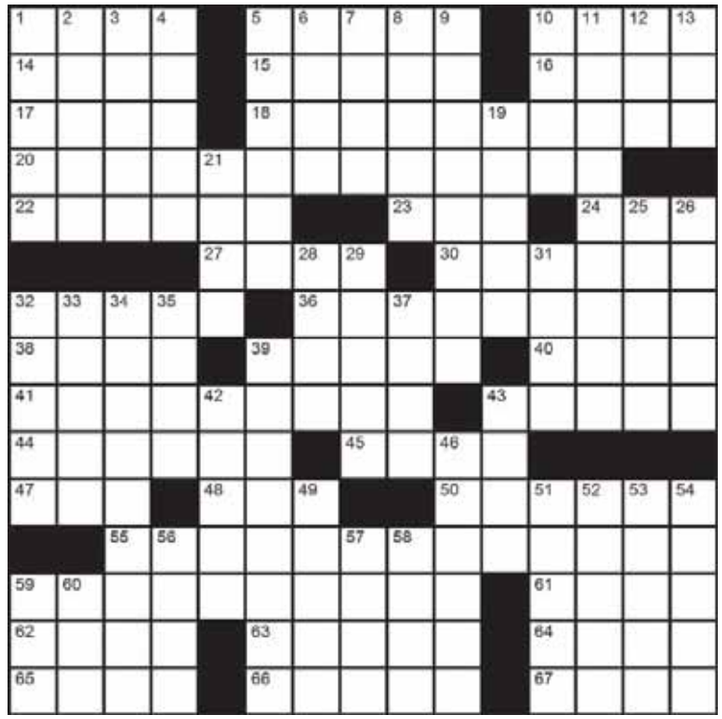
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ms. Sommer
5. _ _ _ _ (Three multiple choice options)
10. New Zealand fruit
14. Grinding factory
15. Ms. Palin
16. Phoenix locale [abbr.]
17. Downright nasty
18. Kitchen backsplash choice: 2 wds.
20. Best Actress in a Movie Made for Television or _ _ _ (One of two categories in which Rachel McAdams is a Critics' Choice Awards nominee for this weekend's ceremony)
22. Company's experience-getter
23. Knock
24. 100 [abbr.]
27. American state
30. Casino card game gig
32. Analyze
36. Canadian pairs skaters Sale & Pelletier won 2002 Olympic gold for their performance to what movie theme music?: 2 wds.
38. Faux/artificial, briefly
39. Showbiz legend Ms. Day
40. _ Scotia
41. Moisturizer variety: 2 wds.
43. Wished
44. Egyptian Myth: Scarab-headed god
45. Medieval labourer
47. "Clumsy" band, briefly
48. Ms. Gardner
50. Prophet
55. The Guess Who song: 2 wds.
59. Big river in New Brunswick
61. Musician Mr. Puente
62. _ Sound, Ontario
63. Baronial
64. Smelly
65. Ernie's muppet friend
66. Rose parts
67. Network of nerves

DOWN
1. "My Kind of Love" singer Ms. Sande
2. "Easy _": 1972 Uriah Heep tune
3. Austrian painter, Gustav _ (b.1862 - d.1918)
4. Ms. Kemper of "Bridesmaids" (2011)
5. Acquiesce
6. Telecom speed unit
7. Royal symbols
8. More uncooked
9. Acting/guessing party game
10. "_ & Leopold" (2001)
11. It's an 'Eire-ea' of Newfoundland to explore on a scenic drive: 2 wds.
12. Mr. Wheaton
13. 'Final' suffix (Settle)
19. "Holy smokes!"
21. Honest
25. Boldness
26. Mythological tree nymph
28. Lotion ingredient
29. Greek Myth: Season goddesses
31. _ _ extra cost
32. Canadian actress, Cara _
33. Menotti opera, _ and the Night Visitors
34. The 'wrap' of a veggie wrap: 2 wds.
35. Footprint
37. Vitalities
39. Retro outdoor movie-going venues
42. Beach 'hermits'
43. Olympian queen
46. Nick of "The Deep" (1977), and surnamesakes
49. Specialized vocabulary
51. Character in 1997's "Titanic", John Jacob _ IV
52. Country in a 2010 mining rescue operation
53. Rolling Stones album: '_ _ Bleed'
54. Wear away
56. Laundry accumulation
57. Toothpaste holder
58. Movie
59. San Francisco's _ Hill
60. Female sheep

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
With Mercury in retrograde, you would be wise to think before you speak, especially on the work front. Weigh your words carefully. Do they really have to be said?

Taurus April 21 - May 21
You will get through chores, at home and at work, in record quick time today. You will also reach a decision about an offer you have been in two minds about taking.

Gemini May 22 - June 21
Be very careful what you choose to believe today because the planets warn you will be open to negative propaganda. Anyone who tells you to follow their lead is not to be trusted. Listen to your inner voice.

Cancer June 22 - July 23
Your powers of persuasion are usually very good but they may fail you today. You're trying too hard to convince others, and that makes them suspicious. Aim to be less forceful.

Leo July 24 - Aug. 23
People in positions of power will say good things about you today but don't think you can rest on your laurels. You have gone up in their estimation, but you must work even harder to maintain your position.

Virgo Aug. 24 - Sept. 23
As Mercury is linked to luck planet Jupiter today you'll get away with things today, but that's no excuse to behave badly. People will respect you more if you respect them.

Libra Sept. 24 - Oct. 23
There is no reason to hold back: give it all you've got and show the world what you are capable of. If you've been thinking about changing jobs or location now is the time to do it.

Scorpio Oct. 24 - Nov. 22
In your hurry to get ahead don't forget that other people have feelings too. Be careful what you say to work colleagues today because if they feel you are being unfair they will turn against you.

Sagittarius Nov. 23 - Dec. 21
Anyone who disagrees with you will wish they had kept their opinions to themselves. Mercury linked to Jupiter means you won't hesitate to point out their faults and failings.

Capricorn Dec. 22 - Jan. 20
Do what has to be done and worry about the consequences later. The results will speak for themselves, so pay no mind if your attitude upsets other people.

Aquarius Jan. 21 - Feb. 19
You can afford to be optimistic and you can afford to take risks. A money-making opportunity will come your way. Don't waste time thinking about it — take action!

Pisces Feb. 20 - March 20
If you are told something of a privileged nature you must keep it to yourself. With Mercury, planet of communication, linked to Jupiter, planet of excess, there is a danger you will let slip information.

CONCEPTIS SUDOKU by Dave Green

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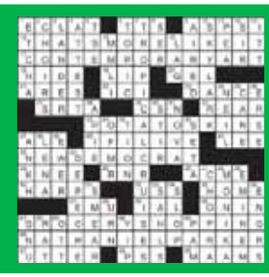

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